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(54) **BONE FIXATION SYSTEMS AND METHODS OF USE**

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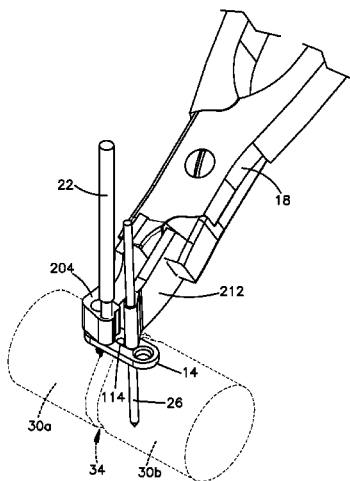
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(57) **ABSTRACT**

A bone fixation system that may be configured to move at least one of a first bone segment and a second bone segment relative to the other, is disclosed. The system may include a first lever and a second lever pivotally coupled to the first lever. The first lever may include a first handle, a first jaw extending from the first handle, and an aperture extending through the first jaw. The aperture may be configured to receive a fixation element to thereby fixedly couple the first lever to a bone plate. The second lever may include a second handle, a second jaw extending from the second handle, and an aperture extending through the second jaw. The aperture may be configured to receive a temporary fixation element to operatively couple the second lever to the second bone segment.

**14 Claims, 15 Drawing Sheets**



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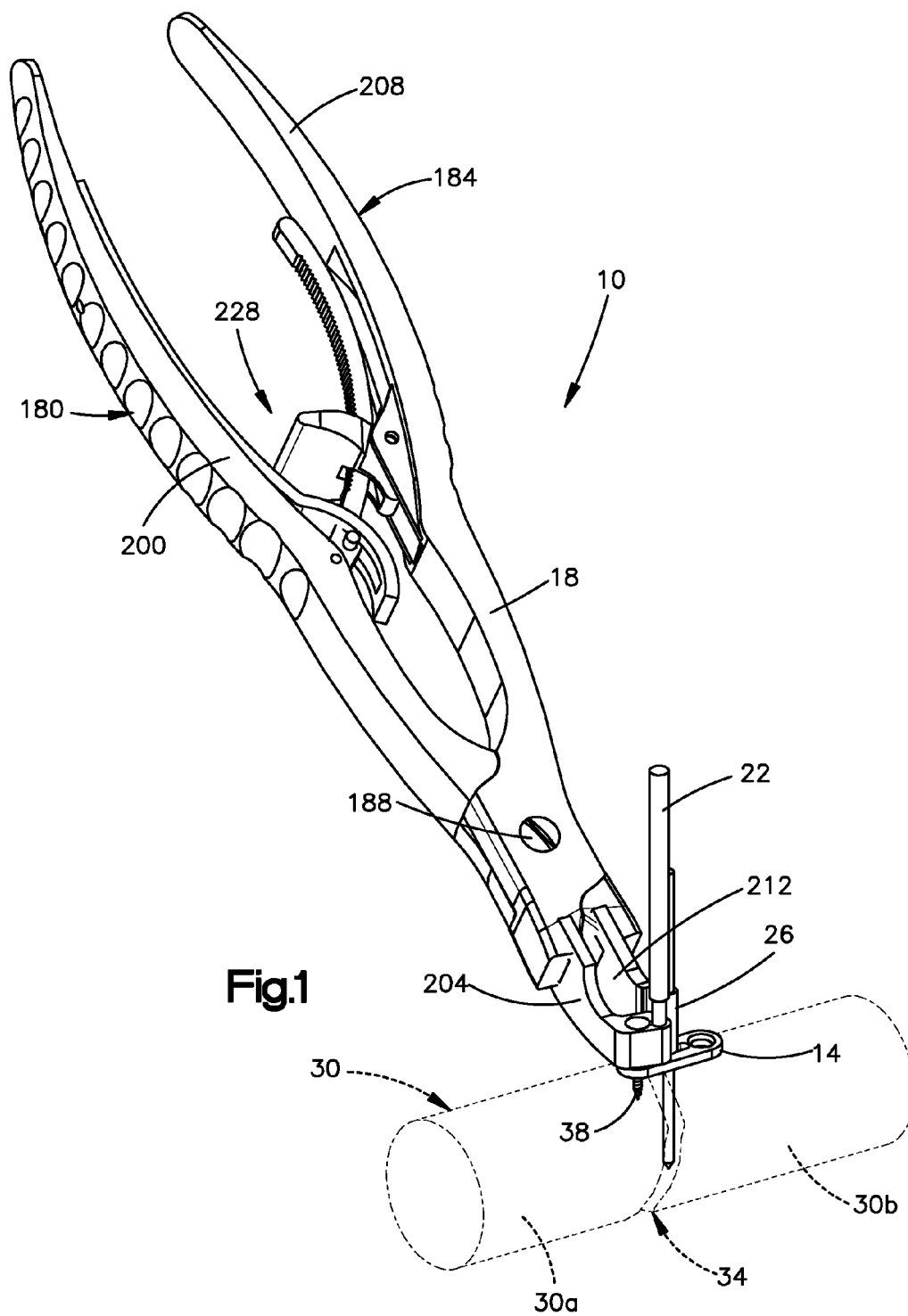
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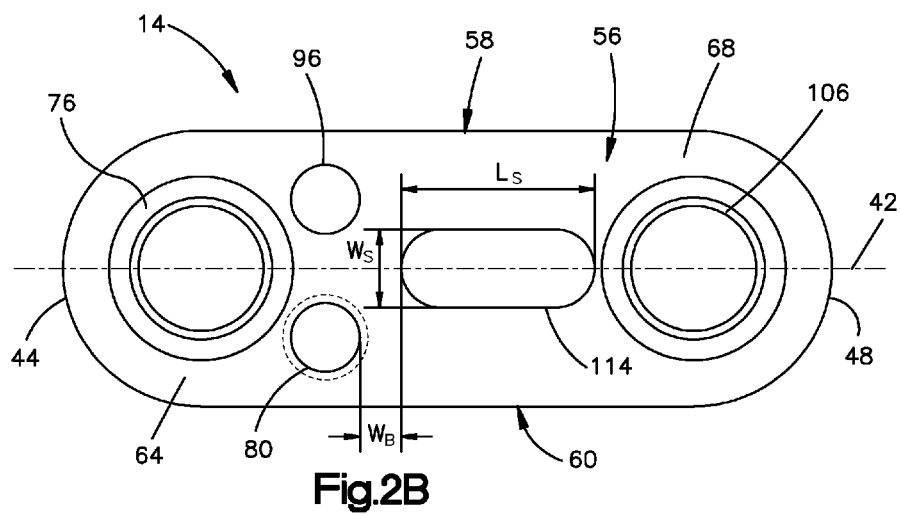
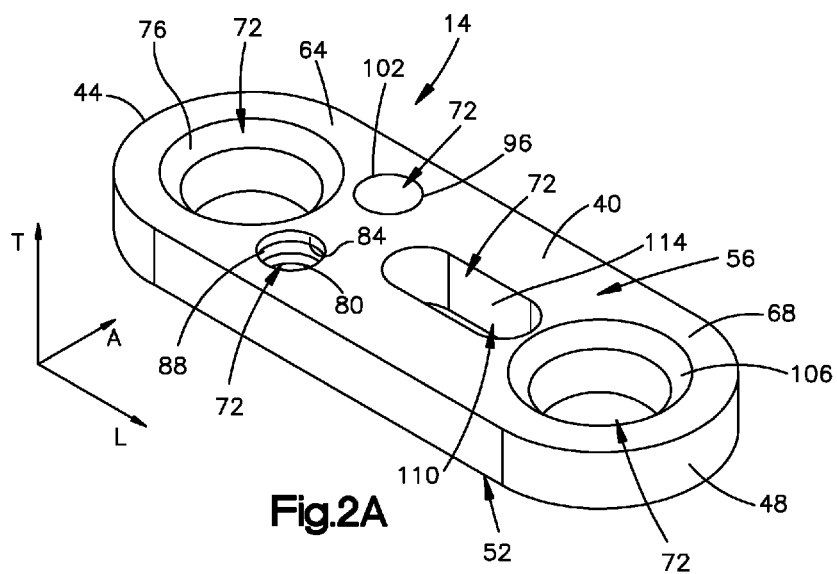
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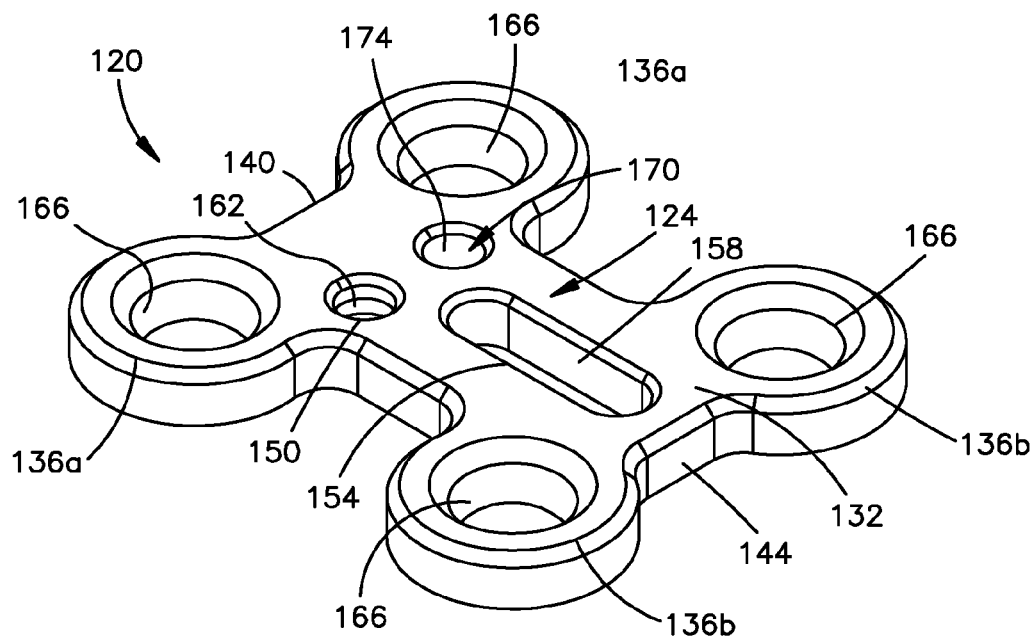
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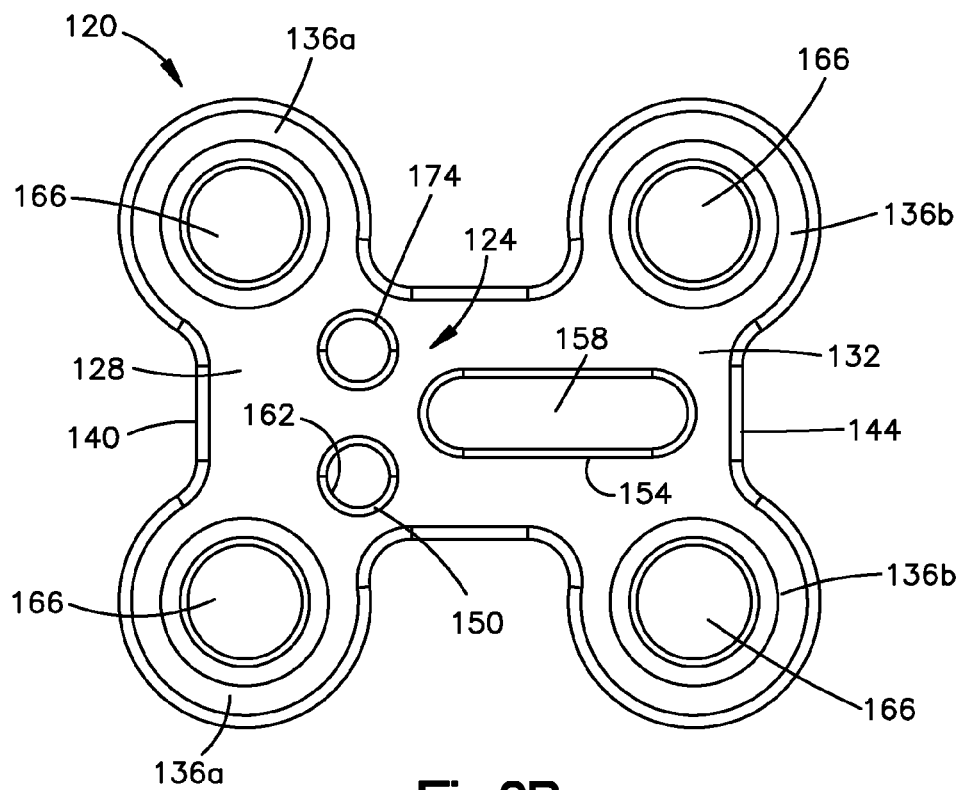
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**Fig.3A**



**Fig.3B**

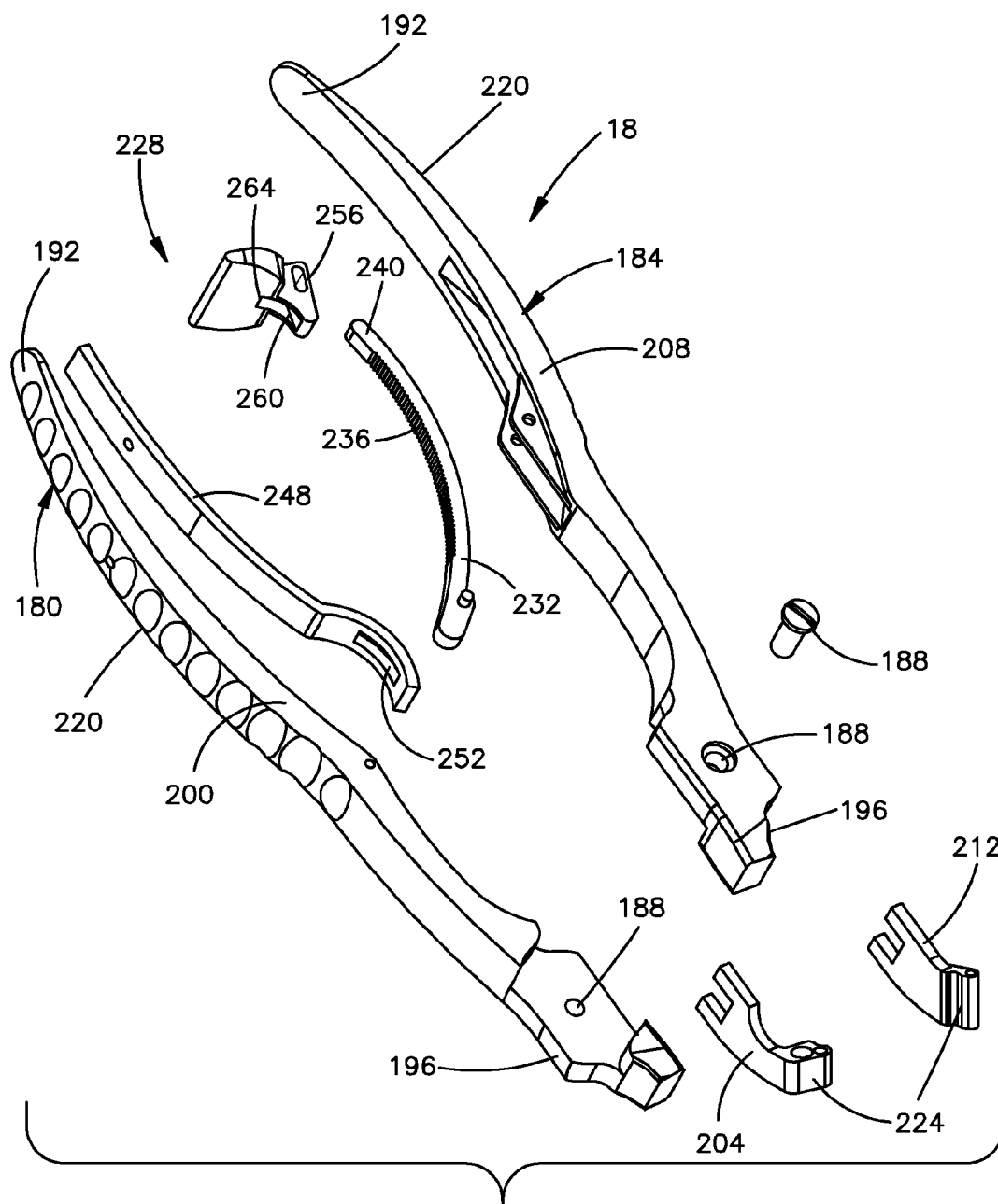
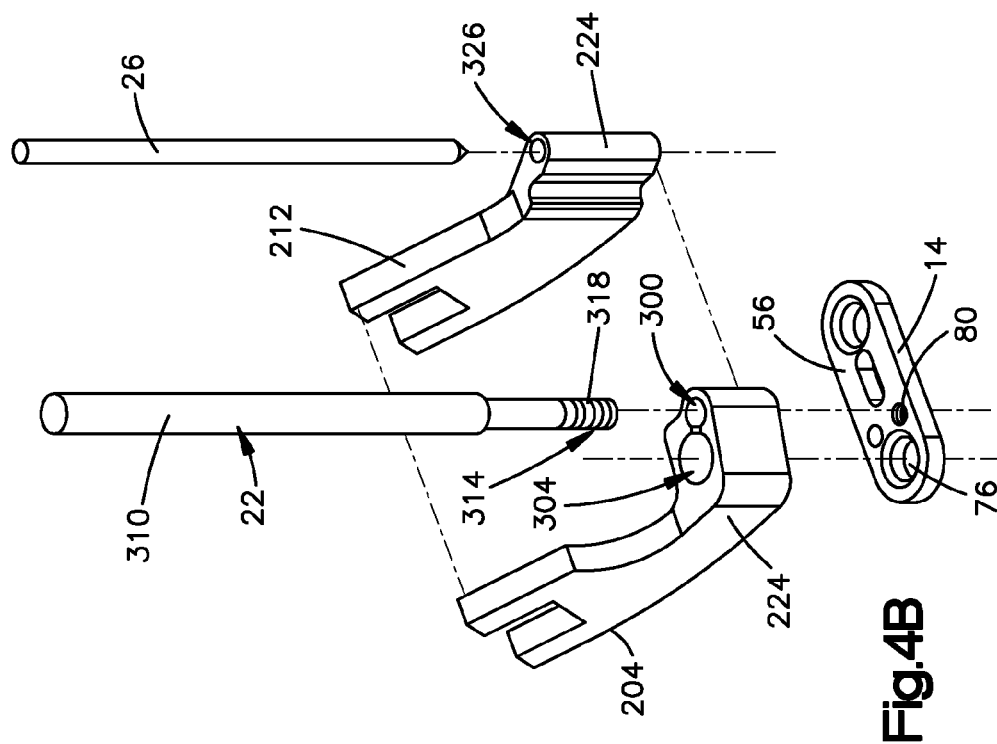
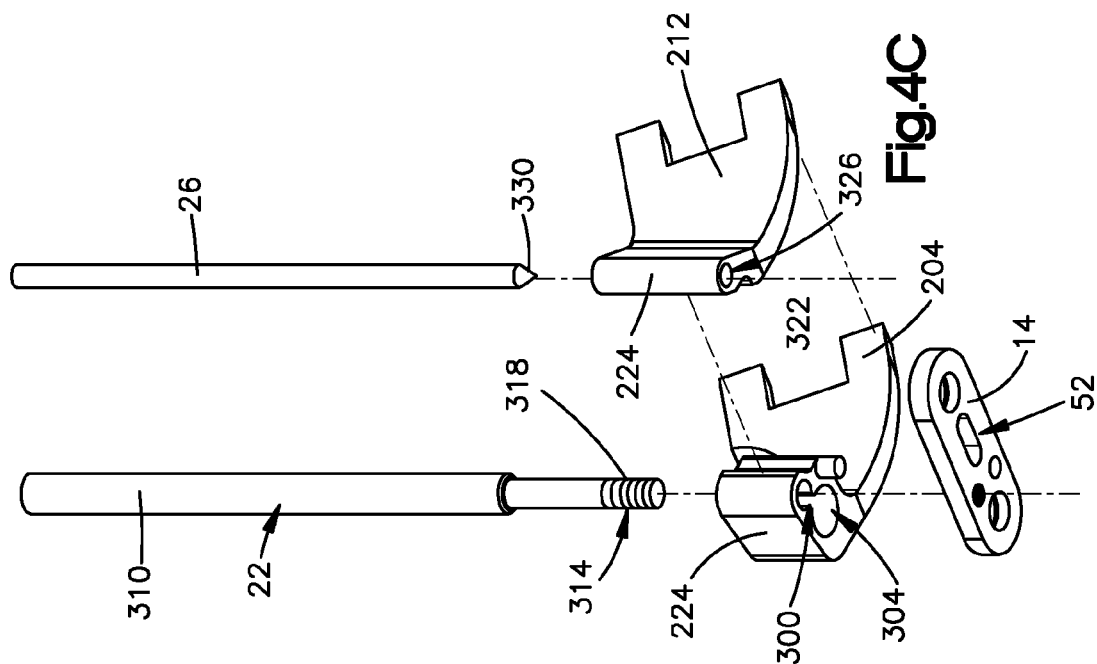
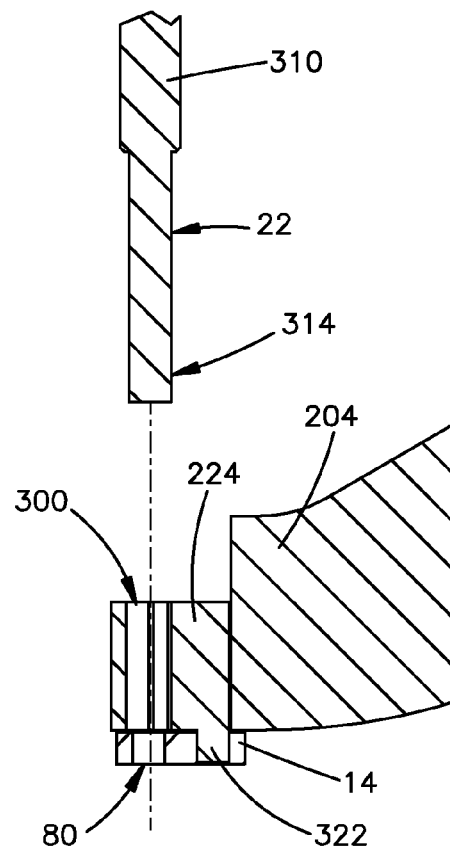
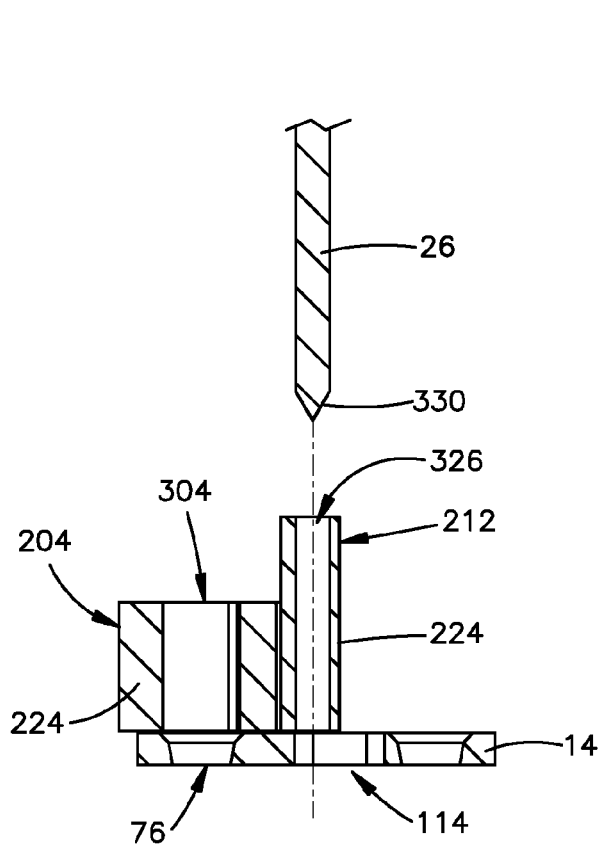
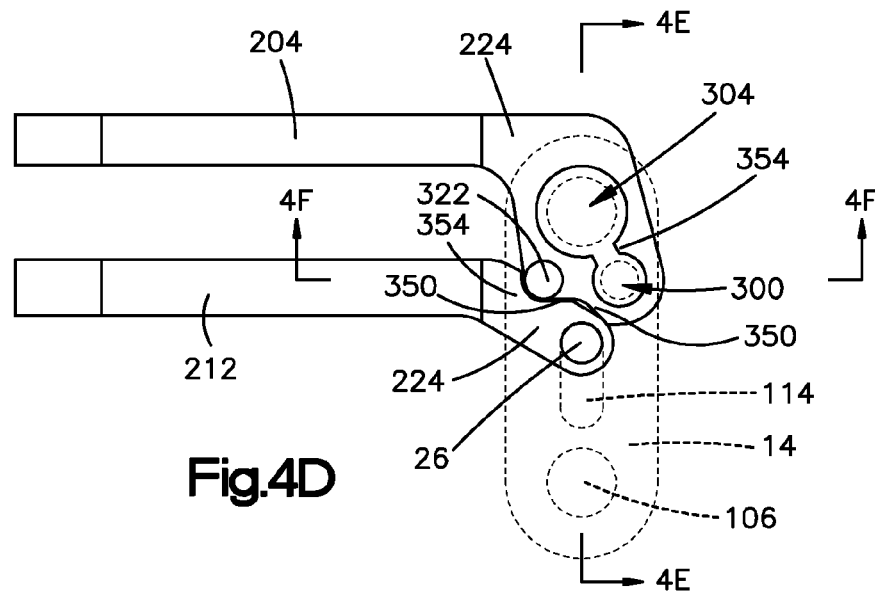


Fig.4A





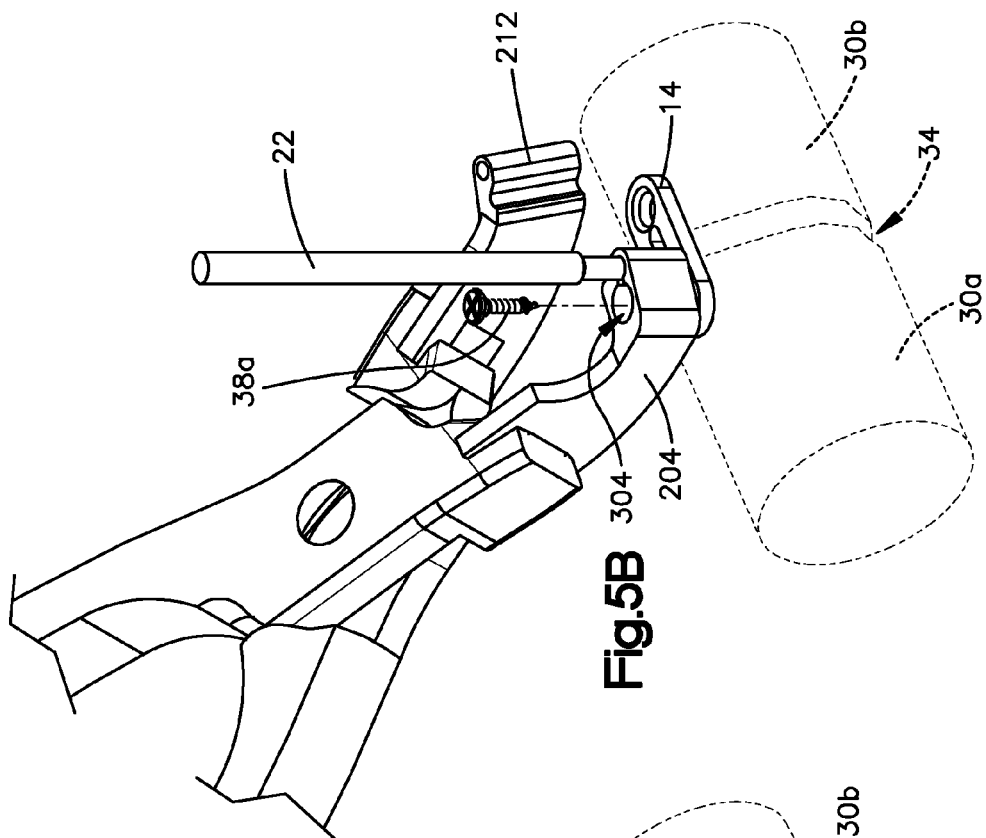


Fig. 5B

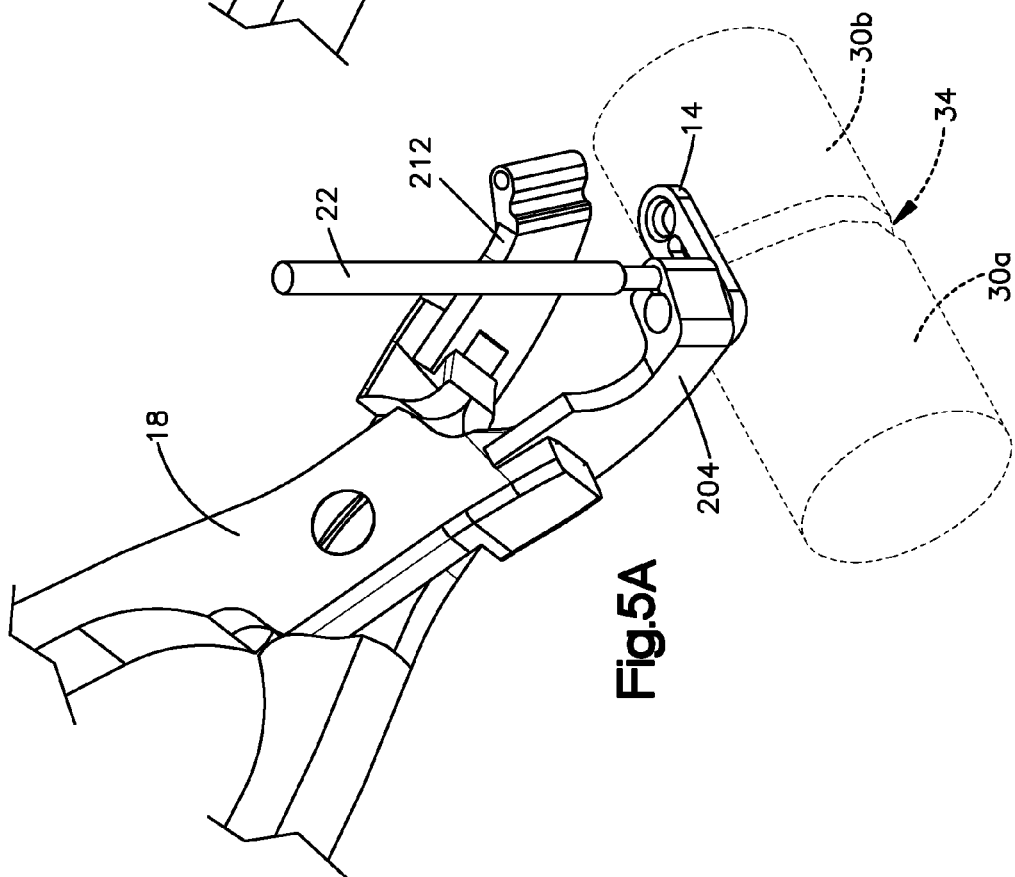
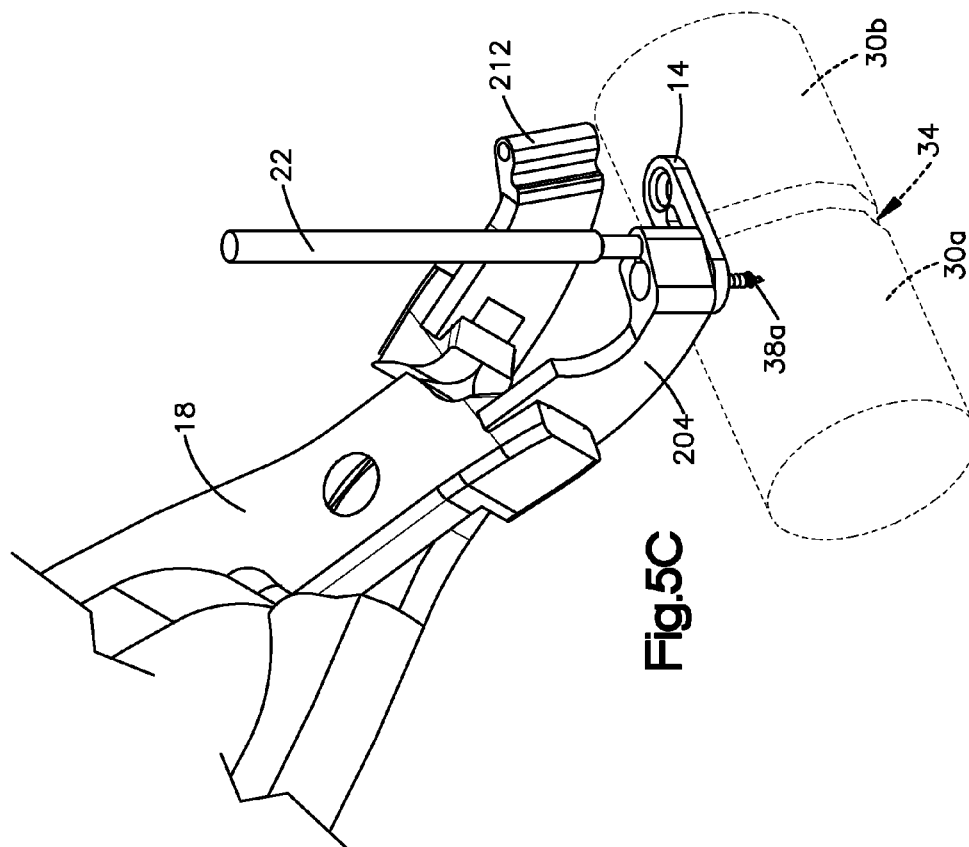
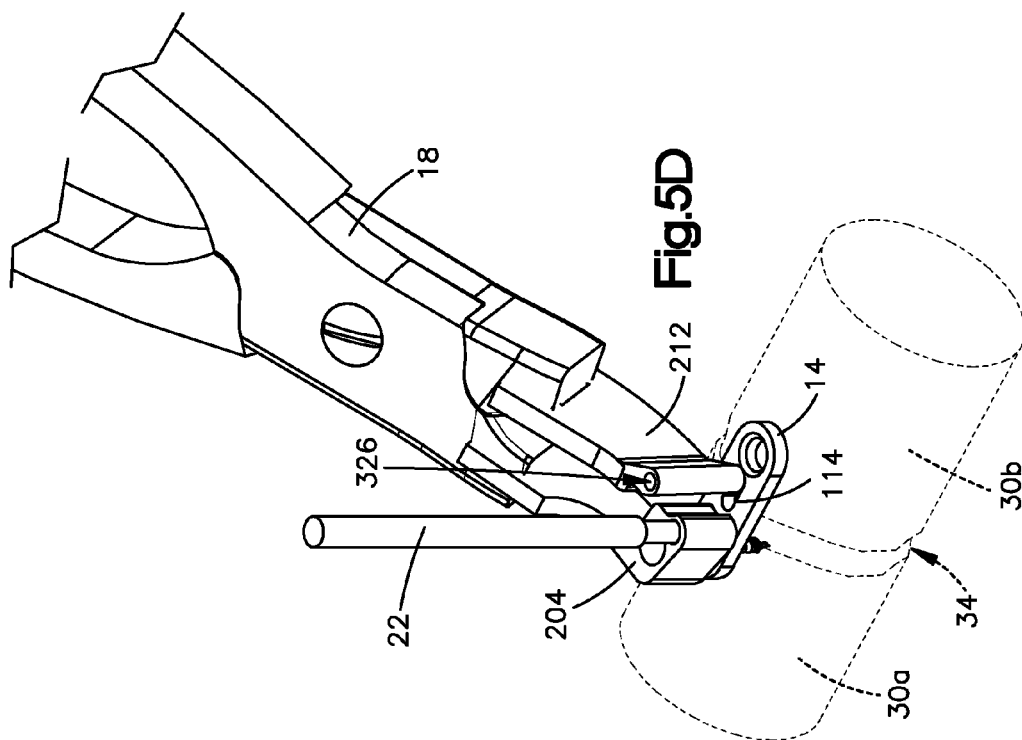
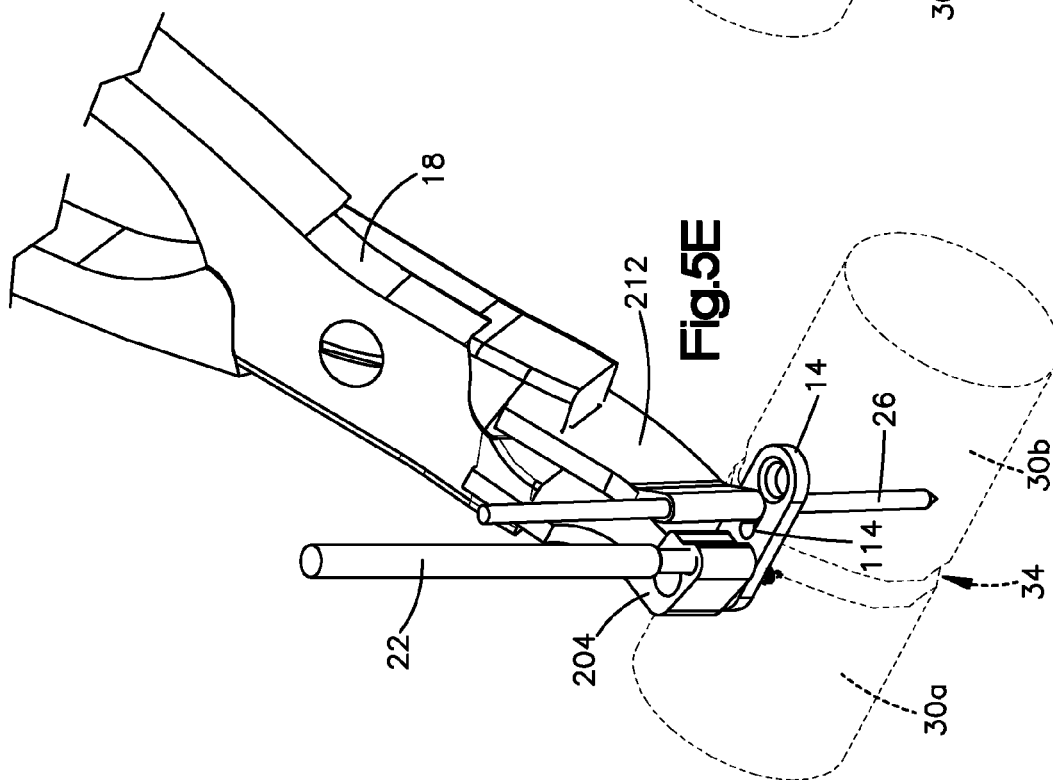
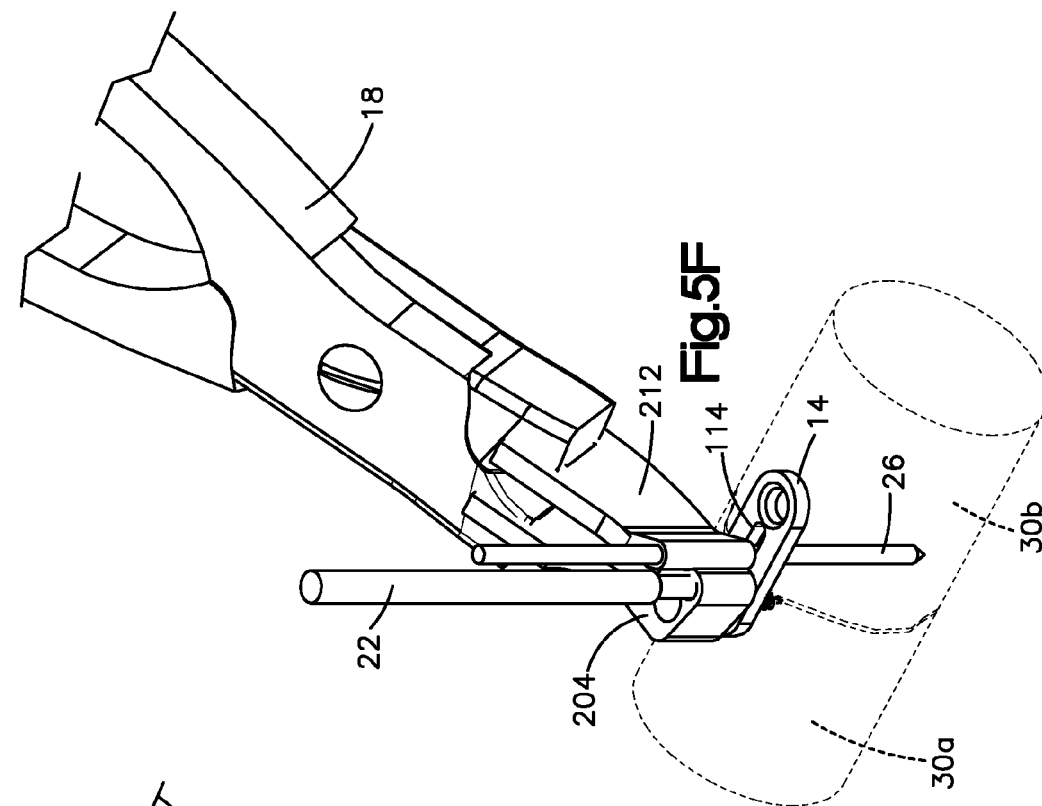
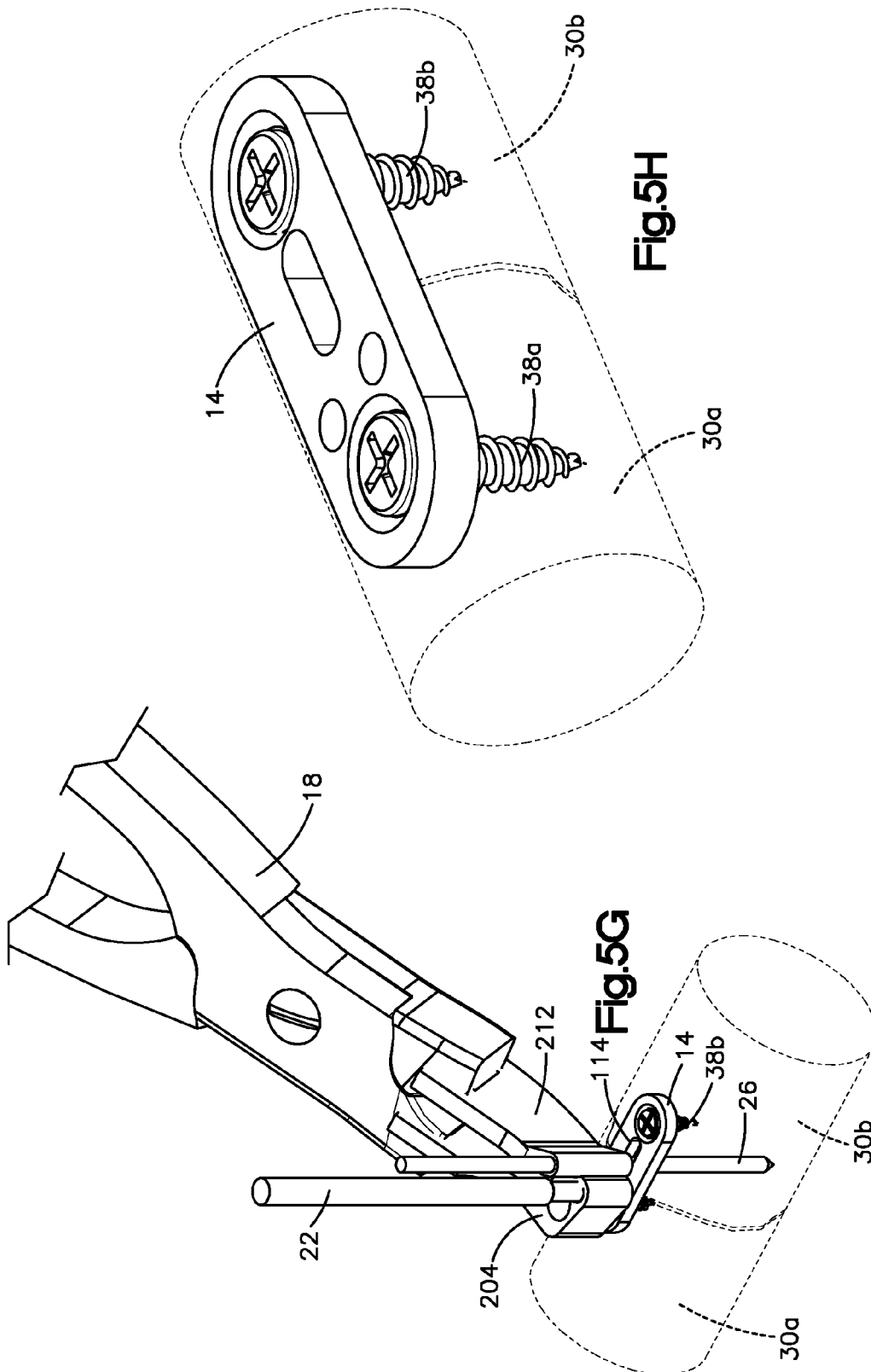


Fig. 5A







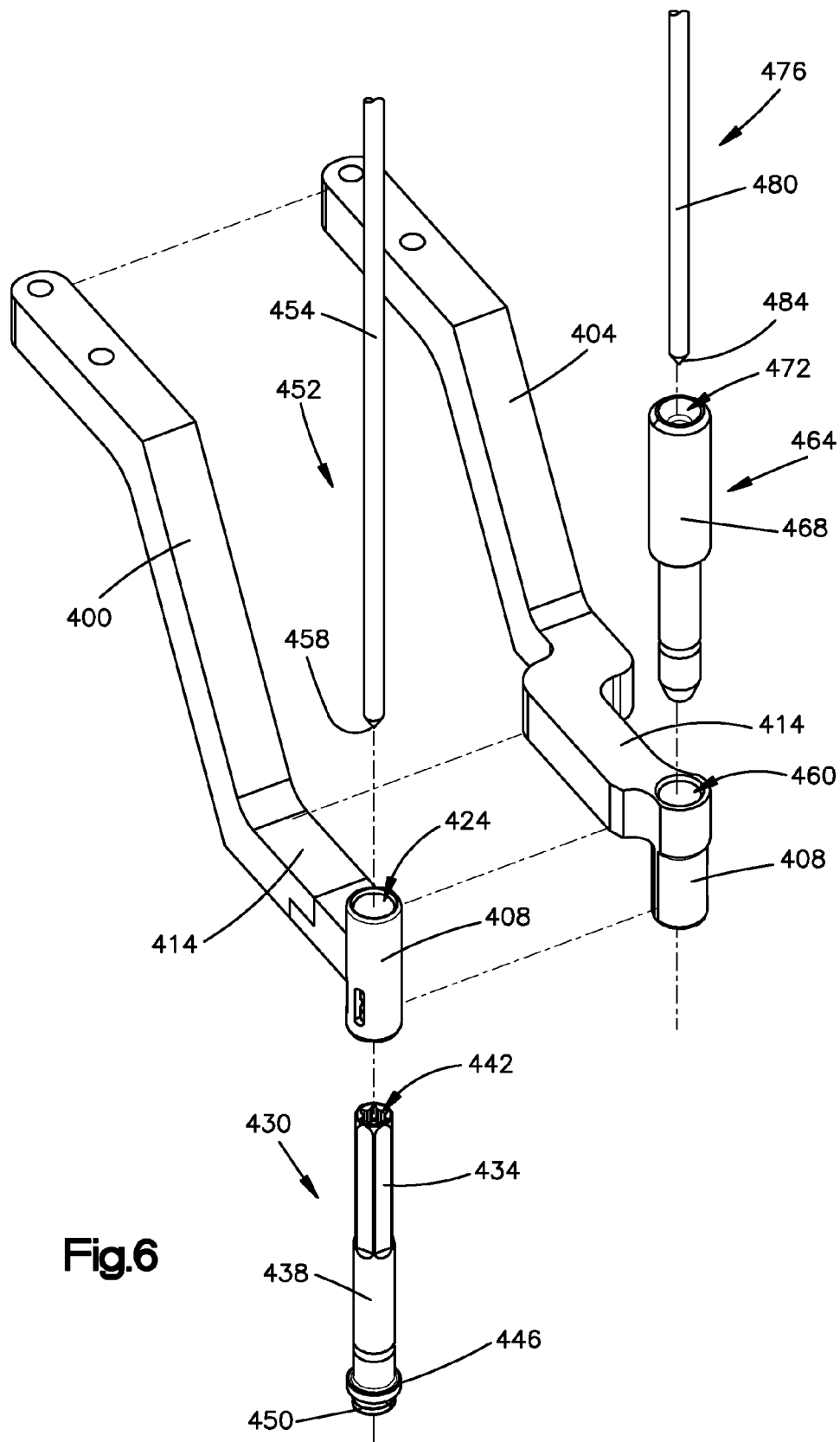
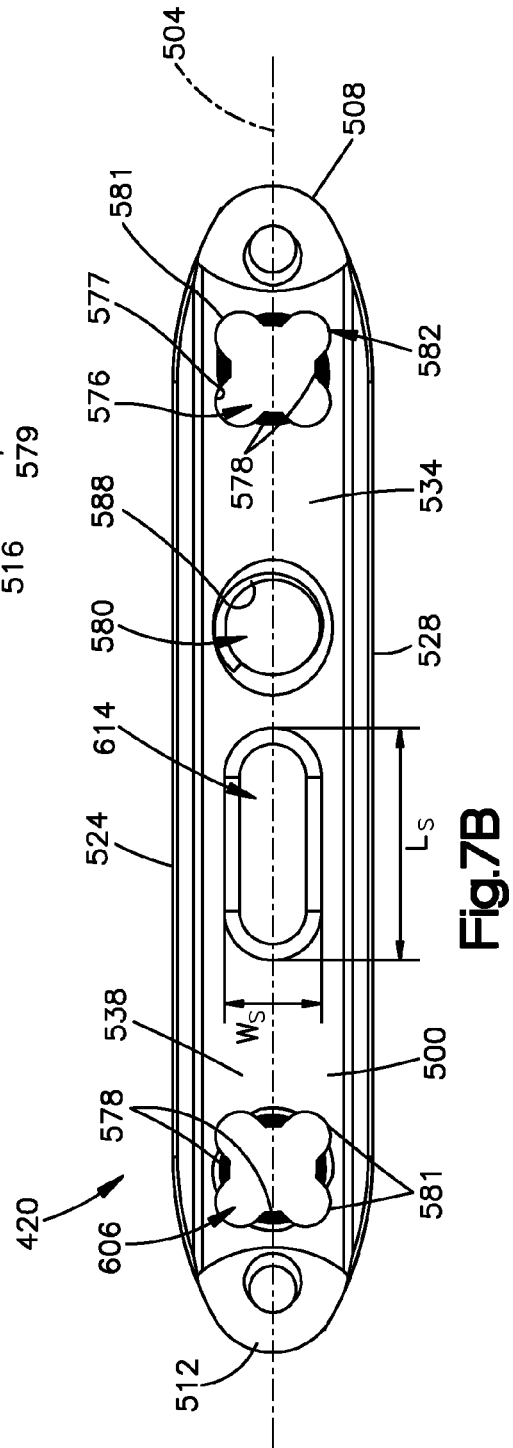
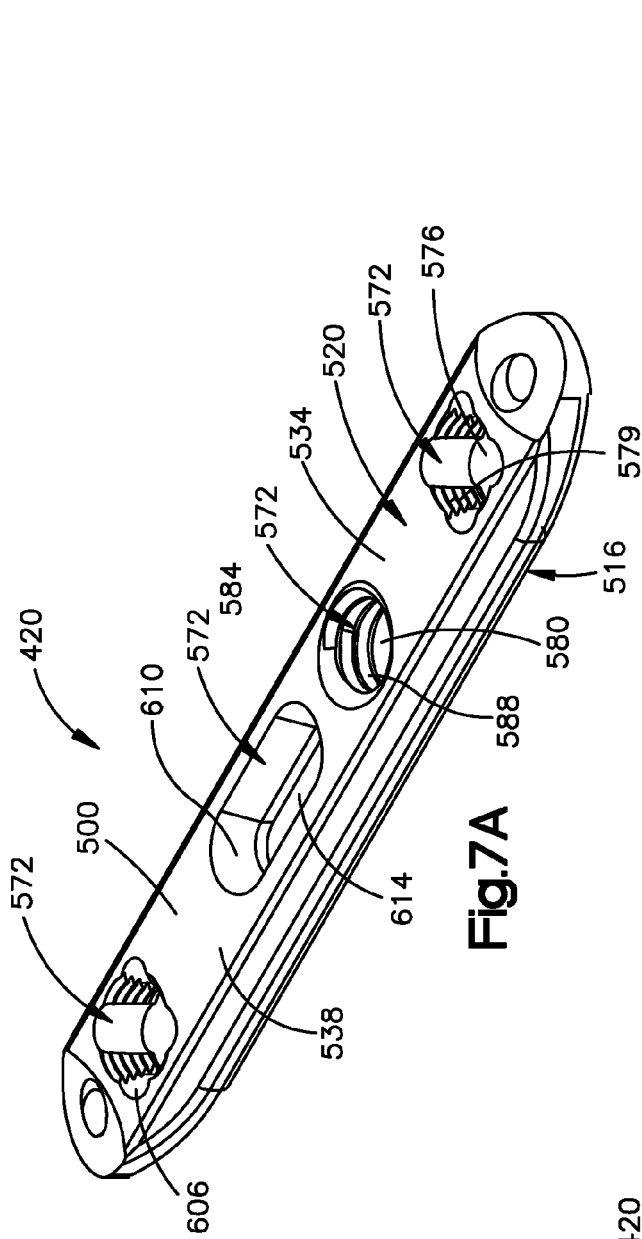
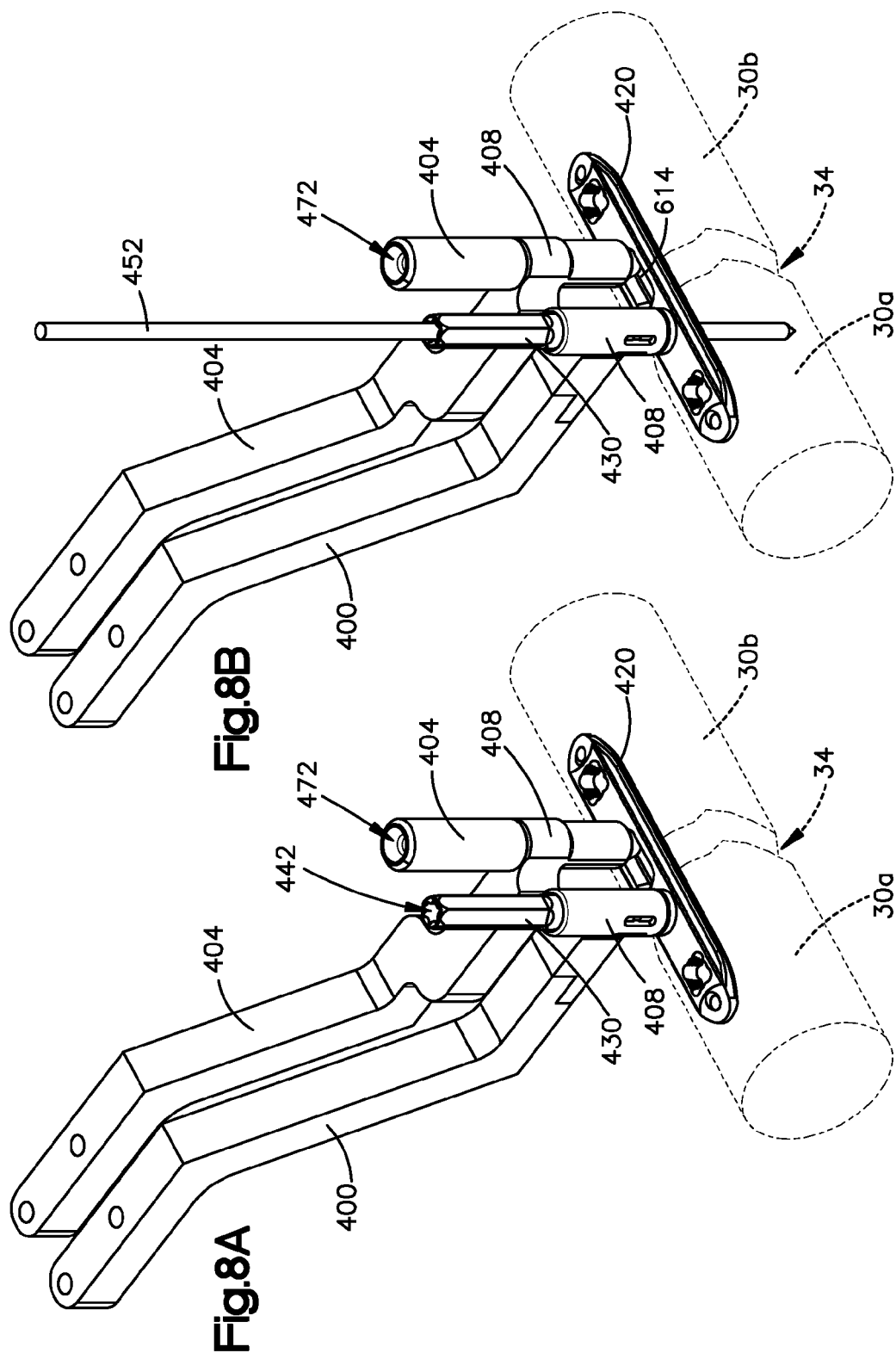
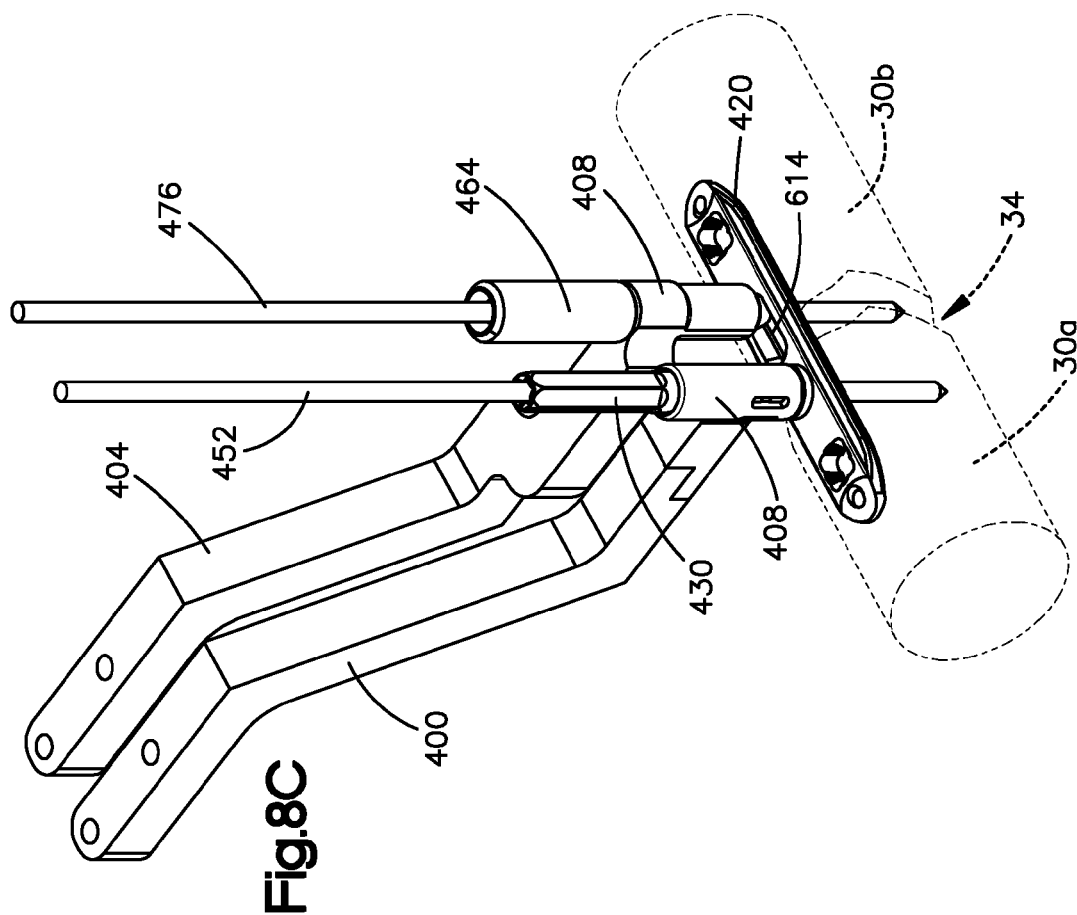
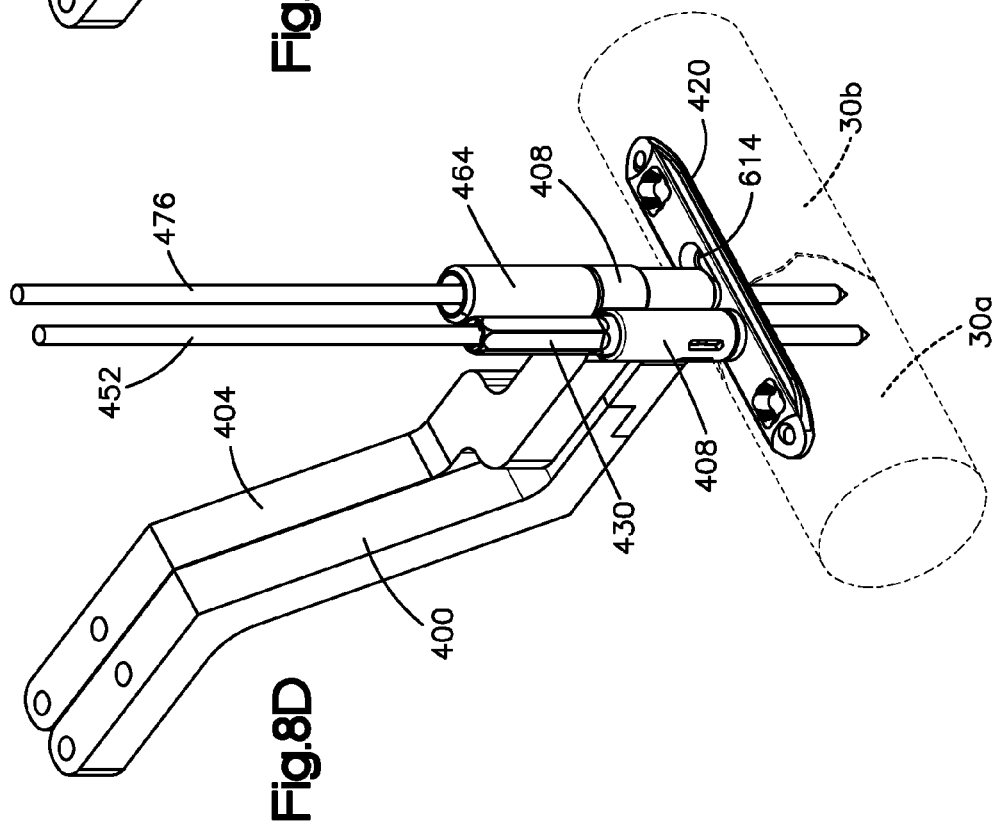
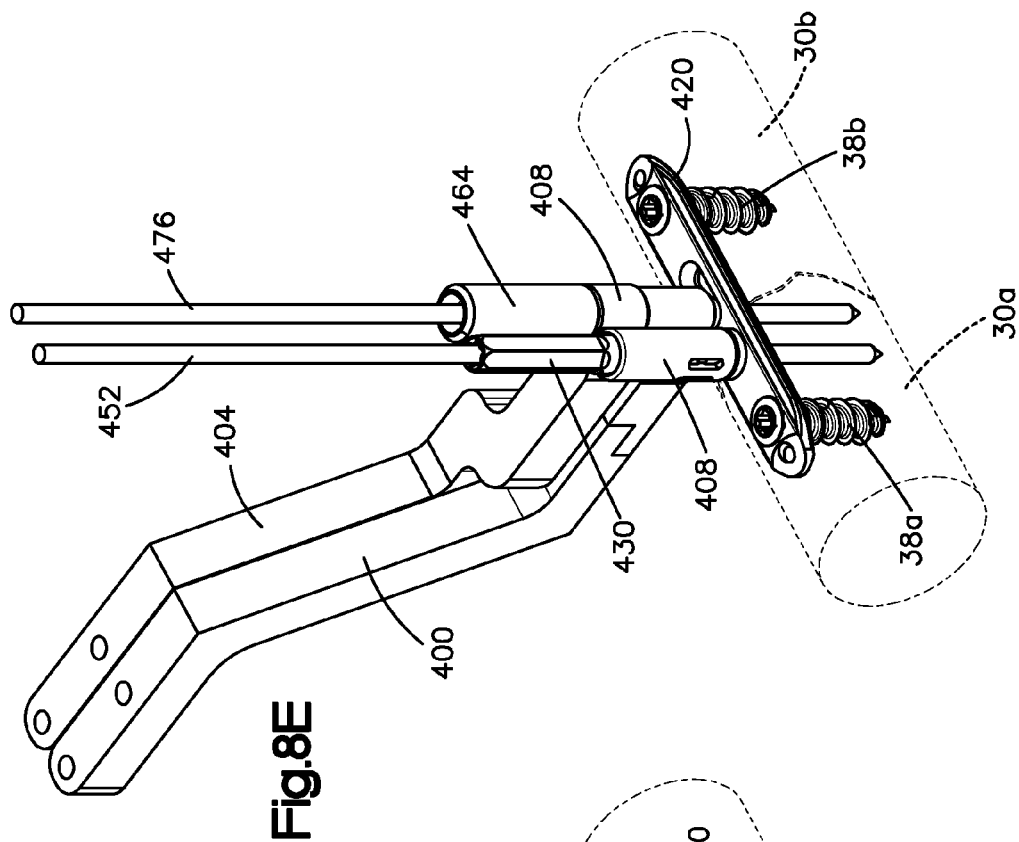


Fig.6









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## BONE FIXATION SYSTEMS AND METHODS OF USE

### CROSS REFERENCE TO RELATED APPLICATIONS

This is a continuation of U.S. patent application Ser. No. 13/095,162 filed Apr. 27, 2011, which claims the benefit of U.S. Provisional Application Ser. No. 61/328,347 filed Apr. 27, 2010, and also claims the benefit of U.S. Provisional Application Ser. No. 61/328,381 filed Apr. 27, 2010, the contents of each of which are incorporated herein by reference in their entirety.

### BACKGROUND

In order to restore the correct position of first and second bone segments of a fractured bone it is often desirable to close or reduce a gap between the two bone segments. Similarly, in the case of an arthrodesis, where two separate bones have to be fused, a gap has to be closed. Commonly surgical compression forceps are used to displace the bone segments towards each other. After reducing the fractured bone a bone plate is fixed to the bone segments to hold the bone segments in place.

Because the bone plate is fixed to the bone segments in the very same region as the compression forceps are attached to the bone segments, it is often difficult to retain the reduced bone segments in position since the compression forceps and the bone implant interfere with each other.

### SUMMARY

In one embodiment, a bone fixation system may be configured to move at least one of a first bone segment and a second bone segment relative to the other. The first and second bone segments may be separated by a bone gap. The system may include a first lever and a second lever pivotally coupled to the first lever. The first lever may include a first handle, a first jaw extending from the first handle, and an aperture extending through the first jaw. The aperture may be configured to receive a fixation element to thereby fixedly couple the first lever to a bone plate. The second lever may include a second handle, a second jaw extending from the second handle, and an aperture extending through the second jaw. The aperture may be configured to receive a temporary fixation element to operatively couple the second lever to the second bone segment such that when in use, the temporary fixation element is capable of translating relative to the bone plate so as to allow reduction of the first and second bone segments.

The forceps may be sold as part of a kit. The kit may include at least one bone fixation plate having a first body portion and a second body portion. The first body portion may define at least two apertures. A first aperture of the at least two apertures is configured to receive a bone anchor to thereby affix the bone fixation plate to the first bone segment. A second aperture of the at least two apertures may include a coupler configured to releasably couple the bone fixation plate to the forceps. The second body portion may define at least two apertures. A first aperture of the at least two apertures may be configured to receive a bone anchor to thereby affix the bone fixation plate to the second bone segment. A second aperture of the at least two apertures may include a slot having a lateral dimension and a longitudinal dimension that is greater than the lateral dimension. The slot may be

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configured to receive a temporary fixation element such that the temporary fixation element is longitudinally translatable within the slot.

Also disclosed is a method of fixing a bone plate having a first body portion and a second body portion to first and second bone segments. The first and second bone segments may be disposed in a relative position in relation to each other and may be separated by a bone gap. According to the method a bone plate may be aligned with the first and second bone segments such that a first plurality of apertures extending through the first body portion of the bone plate are aligned with the first bone segment and a second plurality of apertures extending through the second body portion of the bone plate are aligned with the second bone segment. A forceps having first and second jaws may be coupled to the bone plate either after or before the bone plate is aligned, by inserting a fixation element through the first jaw and into a first aperture of the first plurality of apertures that extend through the first body portion of the bone plate. The first body portion of the bone plate may be affixed to the first bone segment with a bone anchor. A temporary fixation element may be coupled to the second bone segment such that the temporary fixation element extends through the second jaw of the forceps and through an aperture of the second plurality of apertures that extend through the second body portion of the bone plate. By actuating the forces, at least the temporary fixation element is biased so as to translate relative to the bone plate, thereby adjusting the relative positions of the first and second bone segments in relation to each other.

### BRIEF DESCRIPTION OF THE DRAWINGS

The foregoing summary, as well as the following detailed description of preferred embodiments of the application, will be better understood when read in conjunction with the appended drawings. For the purposes of illustrating the forceps and bone plates of the present application, there is shown in the drawings preferred embodiments. It should be understood, however, that the application is not limited to the precise systems and methods shown. In the drawings:

FIG. 1 is a perspective view of a bone fixation system constructed in accordance with one embodiment and operatively coupled to a pair of schematically illustrated bone segments separated by a bone gap, the bone fixation system including a bone fixation plate, a forceps fixedly coupled to the bone plate with a fixation element, and a temporary fixation element that extends through both the forceps and the bone plate;

FIG. 2A is a perspective view of the bone fixation plate illustrated in FIG. 1, the bone fixation plate including a plurality of apertures, two of the apertures are configured to receive bone anchors, one aperture is configured to receive the fixation element so as to fixedly couple the forceps to the bone fixation plate, and one aperture defines a slot and is configured to receive the temporary fixation element;

FIG. 2B is a top plan view of the bone fixation plate shown in FIG. 2A;

FIG. 3A is a perspective view of a bone fixation plate constructed similar to the bone plate illustrated in FIG. 2A, but in accordance with another embodiment;

FIG. 3B is a top plan view of the bone fixation plate shown in FIG. 3A;

FIG. 4A is an exploded view of the forceps shown in FIG. 1, the forceps including a first lever and a second lever pivotally coupled to the first lever, the first and second levers each having a handle, and a jaw extending from the handle, a first jaw of the first lever including an aperture configured to

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receive a bone anchor, and an aperture configured to receive the fixation element so as to fixedly couple the first jaw to the bone fixation plate, and a second jaw of the second lever including an aperture configured to receive the temporary fixation element such that the temporary fixation element extends through the aperture and into the slot of the bone fixation plate;

FIG. 4B is a top perspective view of the first and second jaws of the lever shown in FIG. 4A positioned over the bone fixation plate shown in FIG. 2A, the first aperture of the first jaw receiving the fixation element so as to fixedly couple the first jaw to the bone fixation plate, and the aperture of the second jaw receiving the temporary fixation element;

FIG. 4C is a bottom perspective view of the first and second jaws shown in FIG. 4B;

FIG. 4D is a bottom plan view of the first jaw fixedly coupled to the bone fixation plate, which is shown in phantom lines;

FIG. 4E is a sectional side elevation view of the first and second jaws through the line 4E-4E shown in FIG. 4D;

FIG. 4F is a sectional side elevation view of the first jaw through the line 4F-4F shown in FIG. 4D;

FIG. 5A is a perspective view of the bone fixation system shown in FIG. 1 with the first jaw fixedly coupled to the bone fixation plate by the fixation element, the bone fixation plate positioned against first and second bone segments that define a bone gap;

FIG. 5B is a perspective view of a first bone anchor being inserted through one of the apertures defined by the first jaw so as to affix the bone fixation plate to the first bone segment;

FIG. 5C is a perspective of the bone fixation plate affixed to the first bone segment with the first bone anchor;

FIG. 5D is a perspective view of the bone fixation system shown in FIG. 5C, with the second jaw positioned over the bone fixation plate such that the aperture of the second jaw is aligned with the slot of the bone fixation plate;

FIG. 5E is a perspective view of the bone fixation system shown in FIG. 5D, with the temporary fixation element extending through the aperture of the second jaw and through the slot of the bone fixation plate so as to couple the second jaw to the second bone segment;

FIG. 5F is a perspective view of the bone fixation system shown in FIG. 5E, after the forceps have been compressed and the first and second bone segments have been translated so as to reduce the bone gap;

FIG. 5G is a perspective view of the bone fixation system shown in FIG. 5F, after a second bone anchor has affixed the bone fixation plate to the second bone segment;

FIG. 5H is a perspective view of the bone fixation plate affixed to the first and second bone segments, after the forceps and temporary fixation element have been removed;

FIG. 6 is an exploded view of a bone fixation system in accordance with another embodiment, the bone fixation system including a forceps having a first jaw and a second jaw, a fixation element configured to fixedly couple the first jaw of the forceps to a bone fixation plate, and a pair of temporary fixation elements configured to operatively couple the first and second jaws of the forceps to first and second bone segments;

FIG. 7A is a perspective view of bone fixation plate constructed in accordance with another embodiment, the bone fixation plate having a plurality of apertures, two of the apertures configured to receive bone anchors, one of the apertures configured to receive a fixation element so as to fixedly couple the forceps to the bone fixation plate, and one of the apertures defines a slot and is configured to receive one of the temporary fixation elements;

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FIG. 7B is a top plan view of the bone fixation plate shown in FIG. 7A;

FIG. 8A is a perspective view of the forceps shown in FIG. 6 fixedly coupled to the bone fixation plate shown in FIG. 7A with the fixation element, the bone fixation plate positioned against first and second bone segments that are separated by a bone gap;

FIG. 8B is a perspective view of the first temporary fixation element extending through the fixation element and into the first bone segment so as to couple the first jaw to the first bone segment;

FIG. 8C is a perspective view of the second temporary fixation element extending through both the second jaw, and the slot, and then into the second bone segment so as to couple the second jaw to the second bone segment;

FIG. 8D is a perspective view of the bone fixation system shown in FIG. 8C, after the forceps have been compressed and the first and second bone segments have been translated so as to reduce the bone gap; and

FIG. 8E is a perspective view of the bone fixation system shown in FIG. 8E, after first and second bone anchors have affixed the bone fixation plate to the first and second bone segments.

#### DETAILED DESCRIPTION

Referring to FIG. 1, a bone fixation system 10 includes a bone fixation plate 14, a temporary fixation element illustrated as a K-wire 26, and a forceps 18. The bone fixation plate 14 can be operatively coupled to an underlying bone 30 having bone segments 30a and 30b that are separated by a bone gap 34. The bone fixation system 10 further includes a plurality of (e.g. at least two) bone fixation elements or bone anchors 38 that secure the bone fixation plate 14 to the underlying bone 30 on opposed sides of the bone gap 34. The bone anchors 38 are illustrated as bone screws, though it should be understood that any bone anchor capable of affixing the bone fixation plate 14 to the underlying bone 30 may be used. The forceps 18 is configured to be operatively coupled between the bone fixation plate 14 and the K-wire 26 so as to approximate the bone gap 34 during operation. For instance, the forceps 18 can include a pair of jaws 204 and 212 and a fixation element 22 that is configured to be fixedly coupled between the bone fixation plate 14 and one of the jaws 204 and 212. The other of the jaws 204 and 212 can be fixedly coupled to the K-wire 26 which extends through an elongate K-wire slot 114 (see FIG. 2A) of the bone fixation plate 14 and into the corresponding bone segment 30b. One of the bone anchors 38 can couple the bone fixation plate 14 to the opposed bone segment 30a. Accordingly, the forceps 18 is configured to compress the jaws 204 and 212 toward each other so as to apply a biasing force to at least one or both of the corresponding fixation element 22 and K-wire 26, thereby causing at least one of the bone fixation element 22 and the K-wire 26 to travel toward the other so as to approximate the bone gap 34. The bone gap 34 can be a fracture created by a traumatic event, an osteotomy, or can be the result of debridement of a joint of two discrete bones to be joined in an arthodesis.

The bone fixation plate 14 is placed against or in proximity with the underlying bone 30 and is fixedly coupled to the forceps 18. A first bone anchor 38a may affix the bone fixation plate 14 to the first bone segment 30a. The K-wire 26 may then be inserted through the forceps 18, through the bone fixation plate 14, and into the second bone segment 30b. By applying a force to the forceps 18 at least one of or both of the bone segments 30a and 30b may be translated, thereby adjust-

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ing the relative positions of the bone segments **30a** and **30b** in relation to each other. For instance, the forceps **18** can apply a compressive force that brings at least one or both of the bone segments **30a** and **30b** toward the other, thereby reducing the bone gap **34** to promote union of the bone segments **30a** and **30b**. It should be understood that the forceps **18** may also provide a distractive force so as to urge one of or both of the bone segments **30a** and **30b** away from the other, thereby distracting the bone gap **34**. The bone fixation plate **14** can be geometrically configured for fixation to the bone **30**, which can be the forefoot, midfoot, hind-foot, distal tibia, or any bone in the human body as desired, either in vivo or ex vivo. The bone fixation plate **14** can alternatively be fixed in the manner described above to any suitable non-human animal body bone, in vivo or ex vivo.

The bone fixation system **10** and components of the bone fixation system **10** can be made from any suitable biocompatible material, such as titanium, including titanium alloys, stainless steel, ceramics, or polymers such as polyetheretherketone (PEEK), cobalt chromium molybdenum (CoCrMo) with a porous plasma-sprayed titanium coating, or any suitable alternative material as desired.

Referring now to FIGS. 2A and 2B, the bone fixation plate **14** can be made in different shapes and sizes for use in a wide variety of clinical applications. The bone fixation plate **14** is elongate along a longitudinal direction L, defines a width along a lateral direction A that is perpendicular or substantially perpendicular to the longitudinal direction L, and a thickness along a transverse direction T that is perpendicular or substantially perpendicular to both the longitudinal direction L and the lateral direction A. In this regard, it should be appreciated that the various directions can extend along directions that are 90° angularly offset from each other, or anywhere within the range of approximately 45° and approximately 90° angularly offset from each other.

The bone fixation plate **14** includes a bone plate body **40** that extends substantially along a central longitudinal axis **42**, and defines a proximal end **44** and a distal end **48** opposite the proximal end **44** along the longitudinal axis **42**. The plate body **40** further defines a bone facing inner surface **52** and an opposed outer surface **56** spaced from the inner surface **52** along the transverse direction T. The plate body **40** further defines opposed side surfaces **58** and **60** that are spaced from each other along the lateral direction A.

As shown in FIGS. 2A and 2B, the plate body **40** includes a first body portion **64** and an adjoining second body portion **68**. The first and second body portions **64** and **68** may be integrally formed (i.e. one single member) and may be configured to contour to the underlying bone **30**. In particular, the bone fixation plate **14** is configured to span the bone gap **34** such that the first body portion **64** at least partially contours to the first bone segment **30a** and the second body portion at least partially contours to the second bone segment **30b**.

With continuing reference to FIGS. 2A-2B, the bone plate **14** defines a plurality of apertures **72** that extend transversely through the plate body **40**, from the bone-facing inner surface **52** through to the outer surface **56**. In particular, the first body portion **72** of the plate body **40** defines at least two apertures **72**, and the second body portion **68** of the plate body **40** defines at least two apertures **72**. In the illustrated embodiment, the first body portion **64** defines three apertures **72** and the second body portion **68** defines two apertures **72**, though it should be understood that any number of apertures **72** may extend through the first and second body portions **64** and **68**.

As shown, the first body portion **64** of the bone fixation plate **14** includes a first or bone anchor aperture **76** that is configured to receive a bone anchor **38**, and a second fixation

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element receiving aperture **80** that is configured to receive the fixation element **22**. The first aperture **76** extends through the bone fixation plate **14** and is configured to receive the bone anchor **38** so as to affix the first body portion **64** of the bone fixation plate **14** to the first bone segment **30a**. The first aperture **76** is positioned between the proximal end **44** and the second aperture **80**. The first aperture **76** may include a conical interior thread that tapers toward the bone-facing inner surface **52**. The tapered first aperture **76** may help prevent the bone anchor **38** from backing out after the bone anchor **38** has affixed the bone fixation plate **14** to the first bone segment **30a**.

As shown in FIGS. 2A and 2B, the second aperture **80** also extends through the bone fixation plate **14** and includes a coupler **84** that is configured to be engaged by the fixation element **22** so as to fixedly couple the forceps **18** to the bone fixation plate **14**. In the illustrated embodiment, the coupler **84** includes internal threads **88** that are configured to be engaged by external threads **318** defined by the fixation element **22** (see e.g. FIG. 4B). It should be understood, however, that the coupler **84** may include structure other than the internal threads **88**. For example, the coupler **84** may define a snap on mounting. Moreover, while the fixation element **22** is illustrated as a pin, it should be understood that the fixation element **22** may be any structure capable of fixedly coupling the forceps **18** to the bone fixation plate **14**.

As shown, the first body portion **64** may further include a positioning element **96** that is configured to be engaged by a positioning element defined by the forceps **18** so as to align the forceps **18** and the bone fixation plate **14** with a defined position and to prevent rotation of the bone fixation plate **14** relative to the forceps **18**. As shown, the positioning element is configured as a bore or third aperture **102** that extends at least partially into the plate body **40**. As illustrated, the third aperture **102** may extend completely through the plate body **40**.

As shown, the second aperture **80** and the third aperture **102** are offset and aligned in the lateral direction A on opposed sides of the central axis **42**. Both apertures **80** and **102** are located distally from the first aperture **76** but extend through the first body portion **64** of the bone fixation plate **14**.

As shown, the second body portion **68** of the bone fixation plate **14** includes a first or bone anchor aperture **106** that is configured to receive a bone anchor **38**, and a second aperture **110** that is configured to receive the K-wire **26**. The first aperture **106** extends through the bone fixation plate **14** and is configured to receive the bone anchor **38** so as to affix the second body portion **68** of the bone fixation plate **14** to the second bone segment **30b**. The bone anchor aperture **106** is positioned between the distal end **48** and the second aperture **110**. The first aperture **106** may include a conical interior thread that tapers toward the bone-facing inner surface **52**. The tapered first aperture **106** may help prevent the bone anchor **38** from backing out after the bone anchor **38** has affixed the bone fixation plate **14** to the second bone segment **30b**.

As shown in FIGS. 2A and 2B, the second aperture **110** also extends through the bone fixation plate **14** and defines a K-wire slot **114** that is configured to receive the K-wire **26** such that the K-wire **26** can engage or otherwise extend into the second bone segment **30b**. As shown in FIG. 2B, the K-wire slot **114** has a lateral width  $W_s$  and a longitudinal length  $L_s$  that is substantially greater than the lateral width  $W_s$ . The lateral width  $W_s$  of the K-wire slot **114** may be substantially equal to the diameter of the K-wire **26** so as to prevent lateral misalignment of the bone fixation plate **14** during the compression of the bone segments, while at the

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same time allowing the K-wire 26 to translate within the slot 114 along the longitudinal direction L. The longitudinal length Ls of the K-wire slot 114 may be a length that allows the K-wire 26 and thus the second bone segment 30b to translate toward the first bone segment 30a upon compression of the forceps 18. It should be understood, however, that the second aperture 110 may have any dimension desired. For example, the second aperture 110 may be a K-wire slot having a lateral width that is greater than the diameter of the K-wire or the second aperture 110 may have a dimension that receives other structure so long as the structure is capable of translating within the aperture.

As shown in FIGS. 2A and 2B, the second aperture 80 of the first body portion 64 and the second aperture 110 of the second body portion 68 are spaced from each other along the longitudinal direction L by a width W<sub>B</sub>. The second apertures 80 and 110 are separated such that a solid piece of the bone plate body 40 is disposed between the two apertures.

Referring to FIGS. 3A and 3B, an alternatively constructed bone fixation plate 120 includes a bone plate body 124 that defines a first body portion 128 and a second body portion 132. The bone plate body 124 further defines a first pair of laterally opposed flared regions 136a that extend distally and laterally outward from a proximal end 140 of the first body portion 128, and a second pair of laterally opposed flared regions 136b that extend proximally and laterally outward from a distal end 144 of the second body portion 132. The first and second body portions 128 and 132, and first and second flared regions 136a and 136b impart a substantial X-shape to the bone plate body 124.

Similar to the bone fixation plate 14, the bone fixation plate 120 includes a plurality of apertures that extend through the bone plate body 124. In particular, the first body portion 128 includes an aperture 150 that is configured to receive the fixation element so as to fixedly couple the forceps 18 to the bone fixation plate 120, and the second body portion 132 includes an aperture 154 that defines a K-wire slot 158 and is configured to receive the K-wire 26. As shown, the aperture 150 includes a coupler 162, which in the illustrated embodiment is internal threads that allow the bone fixation plate 120 to be fixedly coupled to the forceps 18. To affix the bone fixation plate 120 to the underlying bone each flared region 136a and 136b defines a respective bone anchor aperture 166 that is configured to receive a respective bone anchor.

Also similar to the bone fixation plate 14, the first body portion 128 of the bone fixation plate 120 may further include a positioning element 170 that is configured to be engaged by a positioning element defined by the forceps 18 so as to align the forceps 18 and the bone fixation plate 120 with a defined position and to prevent rotation of the bone fixation plate 120 relative to the forceps 18. As shown, the positioning element 170 is configured as a bore or third aperture 174 that extends at least partially into the plate body 124. As illustrated, the third aperture 174 extends completely through the plate body 124.

Now referring to FIGS. 1 and 4A-4F, the forceps 18 includes a first lever 180 and a second lever 184 pivotally connected together at a joint 188 (i.e. a pin inserted into an aperture defined by both levers), which divides the levers 180 and 184 between a proximal portion 192 and an opposing distal portion 196. The proximal portion 192 of the first lever 180 defines a first handle 200, and the distal portion 196 of the first lever defines a first jaw 204 that extends distally from the first handle 200. Similarly, the proximal portion 192 of the second lever 184 defines a second handle 208, and the distal portion 196 of the second lever 184 defines a second jaw 212. The first and second handles 200 and 208 can present outer

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grip surfaces 220, while the first and second jaws 204 and 212 define engagement members 224. The forceps 18 includes a fixation element 22 that is configured to be fixedly coupled to the bone fixation plate 14, such that a select one of the engagement members 224 can be fixedly coupled to the fixation element 22 so as to fixedly couple the forceps to the bone fixation plate 14. Accordingly, the select engagement member 224 is configured to apply a force against the fixation element 22, and thus to the bone fixation plate 14, along a direction from the fixation element 22 toward the K-wire slot 114. It should thus be appreciated that when the K-wire slot 114 receives a temporary fixation element (such as K-wire 26), and the other of the engagement members 224 is operatively coupled to the K-wire 26, movement of the first and second jaws 204 and 212 toward each other approximates the bone gap 28 (see, e.g., FIG. 1).

The levers 180 and 184 are pivotally connected, such that when the handles 200 and 208 are brought together, the engagement members 224 are likewise brought together, and when the handles 200 and 208 are moved apart, the engagement members 224 are likewise moved apart. Referring to FIG. 4A, the forceps 18 include a ratchet 228 that causes the levers 180 and 184 to move together incrementally. For instance, in the illustrated embodiment the first lever 180 carries a rack 232 that carries a plurality of teeth 236 extending out from a rack body 240. In accordance with the illustrated embodiment, the rack 232 extends from the proximal portion 192 of the first lever 180, and is pivotally connected to the lever 180 at a joint 244. The first arm 180 also carries a guide 248 that defines a guide channel 252 that receives the rack 232.

The second lever 184 carries a pair of opposed channel walls 256 that define a channel 260 therebetween. The channel 260 receives the rack 232 which is directed into the channel 260 by the guide 248, such that the rack 232 is translatable within the channel 260. The channel walls 256 further carry at least one tooth 264 that can be spring-biased into engagement with the teeth 236 of the rack 232. The tooth 264 and the teeth 236 can be configured such that the tooth 264 rides over the teeth 236 as the handles 200 and 208 are brought together. The spring force provides resistance as the tooth 264 rides along each tooth 236, biases the tooth 264 into the valleys between the adjacent teeth 236 so as to provide tactile feedback as the handles 200 and 208, and thus the engagement members 224 incrementally close. The teeth 236 and 264 can further be configured such that interference prevents the tooth 264 from riding along the teeth 236 when a separation force is applied to the handles 200 and 208, if desired. The tooth 264 can include an engagement surface that can be depressed by a user against the spring force to bring the tooth 264 out of engagement with the teeth 236 so as to allow for separation of the handles 200 and 208, and thus separation of the engagement members 224. In another embodiment, the teeth 236 and 264 can be configured such that the tooth 236 incrementally rides along the teeth 264 in the manner described above both when the handles 200 and 208, and thus the engagement members 224 are separated, and when the handles 200 and 208, and thus the engagement member 224 are brought together.

As shown in FIG. 4A, the handles 200 and 208, and the jaws 204 and 212 may be separate components that are coupled together. It should be understood, however, that the handles 200 and 208, and the jaws 204 and 212 may be integrally formed such that the levers 180 and 184 each define a single arm.

As best shown in FIGS. 4B and 4C, the engagement member 224 of the first jaw 204 may be configured to be fixedly

coupled to the bone fixation plate 14. As shown, the first jaw 204 includes a first or fixation element receiving aperture 300 that extends transversely through the engagement member 224, and a second or access aperture 304 that extends transversely through the engagement member 224, such that central axes of the first and second apertures 300 and 304 are generally perpendicular to the outer surface 56 of the bone fixation plate 14. As shown in FIGS. 4B-4D, and 4F, the first aperture 300 is configured to receive the fixation element 22 such that the fixation element 22 extends completely through the first aperture 300 and engages the second aperture 80 of the bone fixation plate 14 so as to fixedly couple the first jaw 204 to the bone fixation plate 14. As shown, the fixation element 22 is a pin having a pin body 310 and a coupler 314 extending from a distal end of the pin body 310. In the illustrated embodiment, the coupler 314 defines external threads 318 that are configured to engage the internal threads 88 of the second aperture 80 of the bone fixation plate 14. As best shown in FIG. 4F, the coupler portion 314 of the pin has a dimension that is less than the dimension of the proximal portion of the pin body 310, to thereby define a shoulder at the junction of the proximal portion and coupling portion of the pin body 310. The first aperture 300 includes a dimension such as a diameter that is substantially equal to the dimension or diameter of the fixation element 22 so that when the fixation 22 fixedly couples the first jaw 204 to the bone plate 14, the bone plate 14 cannot move relative to the first jaw 204, though it should be understood that the aperture 300 may have any dimension as desired. When the coupler 314 is inserted through the aperture 300 and is fixedly coupled to the bone fixation plate 14, the first jaw 204 will be trapped between the shoulder of the fixation element 22 and the bone fixation plate 14 to thereby fixedly couple the first jaw 204 to the bone fixation plate 14.

As shown in FIGS. 4B and 4C, the second aperture 304 is positioned adjacent the first aperture 300 and is configured to receive or otherwise provide an access path for a drill and/or the bone anchor 38a to pass through to the first aperture 76 of the bone fixation plate 14 so that the bone anchor 38a can affix the first body portion 64 of the bone fixation plate 14 to the first bone segment 30a. The second aperture 304 may include any dimension, such as a diameter, as desired, so long as the dimension allows the bone anchor 38a to pass therethrough.

As shown in FIGS. 4C and 4F, the first jaw 204 further includes a positioning element 322 that extends from a bottom surface of the engagement member 224 and toward the bone plate 14. As shown, the positioning element 322 defines a cylindrical rod or peg that is configured to engage or otherwise mate with the aperture 96 of the bone fixation plate 14. When the peg 322 is engaged with the aperture 96, and the fixation element 22 is engaged with the aperture 80, the bone fixation plate 14 will be fixed relative to the first jaw 204 in a known defined position. That is, the bone fixation plate 14 may be properly aligned with the first jaw 204, and may be prevented from rotating.

As shown in FIGS. 4B-4E, the second jaw 212 includes a temporary fixation element receiving aperture 326 that extends transversely through the engagement member 224 of the second jaw 212 such that a central axis of the aperture 326 is generally perpendicular to the outer surface 56 of the bone fixation plate 14. The aperture 326 is sized to receive the temporary fixation element 26 so as to guide the temporary fixation element 26 through the second jaw 212 and into the slot 114 of the bone fixation plate 14. As shown in FIG. 4E, the temporary fixation element 26 includes a distal end 330 that is configured to engage or otherwise extend into the second bone segment 30b so as to operatively couple the

second jaw 212 to the second bone segment 30b. Therefore, when the second jaw 212 is translated the temporary fixation element 26 and thus the second bone segment 30b will translate along with the second jaw 212. The aperture 326 may include a dimension, such as a diameter, that is substantially equal to the dimension or diameter of the temporary fixation element 26, such that when the aperture 326 has received the temporary fixation element 26, the temporary fixation element 26 will not move relative to the second jaw 212.

As best shown in FIG. 4D, the engagement members 224 define internal or opposing surfaces 350 that are shaped to allow the first and second jaws 204 and 212 to compress the bone segments 30a and 30b without interference from each other. In particular each inner surface 350 defines a recess 354 that provides clearance for the opposing engagement member 224. As shown in FIG. 4D, when fully compressed the internal surfaces 350 of the engagement members 224 substantially conform to each other such that they can abut each other.

In operation and in reference to FIGS. 5A-5H, the bone plate 14 is aligned with and placed over or on the underlying bone 30 such that the bone anchor aperture 76 of the first body portion 64 of the plate 14 is aligned with the first bone segment 30a, and the bone anchor aperture 106 of the second body portion 68 of the plate 14 is aligned with the second bone segment 30b. Either prior to or after the bone fixation plate 14 has been aligned with the bone 30, the forceps 18 may be fixedly coupled to the bone plate 14. To do so, the fixation element 22 is advanced through the aperture 300 of the first jaw 304 and into the aperture 80 of the bone plate. The threads 318 of the fixation element 22 engage the threads 88 defined by the aperture 80 to thereby securely or otherwise fixedly couple the plate 14 to the first jaw 204. At this point, the forceps 18 are fixedly coupled to the bone plate 14 such that the bone plate 14 cannot move relative to the forceps 18.

As shown in FIGS. 5B and 5C, a bone anchor 38a may then be inserted through the access aperture 304 of the first jaw 204 and into the bone anchor aperture 76 of the bone plate 14 to thereby affix the first body portion 64 of the bone plate 14 to the first bone segment 30a. Prior to the bone anchor 38a being inserted, a drill bit may be inserted through the access aperture 304 and the bone anchor aperture 76 to form a hole in the bone segment 30a that will be configured to receive the bone anchor 38a. When the first jaw 204 is fixedly coupled to the bone plate 14 and the bone plate 14 is affixed to the first bone segment 30a, it can be said that the first jaw 204 is operatively coupled to the first bone segment 30a.

As shown in FIG. 5D, the second jaw 212 may then be positioned such that the aperture 326 is positioned over the slot 114 of the bone plate 14. In particular, the aperture 326 of the second jaw 212 may be positioned proximate to a distal side of the slot 114. Once positioned, the K-wire 26 may be advanced through the aperture 326 and into the slot 114 such that the distal end 330 of the K-wire 22 engages or otherwise extends into the second bone segment 30b, as shown in FIG. 5E. At this point it can be said that the second jaw 212 is operatively coupled to the second bone segment 30b.

Next, the forceps 18 are actuated so as to drive the first and second jaws 204 and 212 together such that at least one of the engagement members 224 of the first and second jaws 204 and 212 moves along the longitudinal direction. As the engagement members 224 move together, at least one of the first and second bone segments 30a and 30b will be moved toward the other such that the bone gap 34 is reduced. In this way the relative positions of the first and second bone segments 30a and 30b are adjusted in relation to each other. Once the bone segments have been compressed and the bone gap 34 reduced, a second bone anchor 38b may be advanced through

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the aperture **106** of the second body portion **68** of the bone plate **14** so as to affix the second body portion **68** to the second bone segment **30b**, as shown in FIG. 5G. Finally, the forceps **18** and K-wire **26** may be removed, leaving the bone plate **14** affixed to the compressed bone segments **30a** and **30b** as shown in FIG. 5H.

In another embodiment and in reference to FIG. 6, the bone fixation system may include a forceps having levers that are pivotally connected at a joint similar to the forceps shown in FIGS. 4A-4F, except the forceps shown in FIG. 6 includes jaws that are configured in accordance with another embodiment. As shown in FIG. 6, the levers may include first and second jaws **400** and **404** respectively that are configured to compress the first and second bone segments **30a** and **30b** together so as to reduce the bone gap **34**. As shown, the first and second jaws **400** and **404** each include an engagement member **408** disposed at a distal end of a respective extension **414**.

As shown in FIG. 6, each extension **414** is substantially parallel to the outer surface of the bone plate and is configured such that when the forceps are compressed, the extensions **414** are capable of bringing the engagement members **408** together. In that regard, the extension **414** of the second jaw **404** is positioned vertically higher in the transverse direction than the extension **414** of the first jaw **400**. Therefore, when the jaws **400** and **404** are compressed together, the extension **414** of the second jaw **404** will at least partially overlap with the extension **414** of the first jaw **400**. This allows the engagement members **408** of the first and second jaws **400** and **404** to abut up against each other when the first and second jaws **400** and **404** are fully compressed without interference from the other.

As shown in FIG. 6, the engagement member **408** of the first jaw **400** may be configured to be fixedly coupled to the bone fixation plate, such as bone fixation plate **420** shown in FIGS. 7A and 7B. As shown, the first jaw **400** includes a first or fixation element receiving aperture **424** that extends transversely through the engagement member **408**, such that the central axis of the aperture **424** will be generally perpendicular to the outer surface of the bone plate **420**. The aperture **424** is configured to receive a fixation element **430** such that the fixation element **430** extends completely through the aperture **424** and engages the bone plate **14** so as to fixedly couple the first jaw **400** to the bone plate **420**.

As shown, the fixation element **430** is a guide tube **434** having a tube body **438**, and a bore **442** that extends transversely through the tube body **438** and thus includes a central axis that is substantially perpendicular to the outer surface of the bone plate **420**. The guide tube **434** may also include a coupler **446** that extends from a distal end of the tube body **438**. In the illustrated embodiment, the coupler **446** defines external threads **450** that are configured to engage internal threads defined by an aperture of the bone fixation plate **420**. The guide tube **434** may be fixedly coupled to the first jaw **400** with either a nut, an interference fit or any other structure capable of fixedly coupling the guide tube **434** to the first jaw **400**. For example, in the illustrated embodiment, the guide tube body **438** defines a recess that is configured to be engaged by a rib or other structure within the bore **442**. When the guide tube **434** is fixedly coupled to the bone fixation plate **420** and the tube body **438** is inserted into the aperture **424** of the first jaw **400** such that the rib engages the recess of the tube body **438**, the first jaw **400** will be fixedly coupled to the bone fixation plate **420**. It should be understood that the guide tube **434** may also be integrally formed with the first jaw **400**, and

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the bone plate **420** may be fixedly coupled to the first jaw **400** prior to the bone plate **420** being positioned against the bone **30**.

As shown in FIG. 6, the bore **442** of the guide tube **434** is configured to receive a temporary fixation element **452**, which is illustrated as a K-wire **454** having a distal end **458** that is configured to engage or otherwise extend into the first bone segment **30a** so as to operatively couple the first jaw **400** to the first bone segment **30a**. Therefore, like the bore **442**, the K-wire **454** will have a central axis that extends substantially perpendicular to the outer surface of the fixation plate **420**.

As shown in FIG. 6, the second jaw **404** includes a temporary fixation element receiving aperture **460** that extends transversely through the engagement member **408** of the second jaw **404** such that a central axis of the aperture **460** is generally perpendicular to the outer surface of the bone fixation plate **420**. The aperture **460** is sized to receive or otherwise mate with a guide tube **464** having a guide tube body **468** and a bore **472** extending transversely through the body **468**. The bore **472** is sized to receive a temporary fixation element **476**, which is illustrated as a K-wire **480** having a distal end **484** that is configured to engage the second bone segment **30b**. Therefore the K-wire **480** may extend through the bore **472** through the bone plate **420** and into the second bone segment **30b**. It should be understood, however, that the temporary fixation element **476** may be inserted through the aperture **460** without the use of the guide tube **464**.

As shown in FIGS. 7A and 7B, the bone fixation plate **420** may be configured to affix the first and second bone segments **30a** and **30b** to each other. The bone fixation plate **420** can be made in different shapes and sizes for use in a wide variety of clinical applications. The bone fixation plate **420** includes a bone plate body **500** that extends substantially along a central longitudinal axis **504**, and defines a proximal end **508** and a distal end **512** opposite the proximal end **508** along the longitudinal axis **504**. The plate body **500** further defines a bone facing inner surface **516** and an opposed outer surface **520** spaced from the inner surface **516** along the transverse direction T. The plate body **500** further defines opposed side surfaces **524** and **528** that are spaced from each other along the lateral direction A.

As shown in FIGS. 7A and 7B, the plate body **500** includes a first body portion **534** and an adjoining second body portion **538**. The first and second body portions **534** and **538** may be integrally formed (i.e. one single member) and may be configured to contour to the underlying bone **30**. In particular, the bone fixation plate **420** is configured to span the bone gap **34** such that the first body portion **534** at least partially contours to the first bone segment **30a** and the second body portion **538** at least partially contours to the second bone segment **30b**.

With continuing reference to FIGS. 7A-7B, the bone plate **420** defines a plurality of apertures **572** that extend transversely through the plate body **500**, from the bone-facing inner surface **516** through to the outer surface **520**. In particular, the first body portion **534** of the plate body **500** defines at least two apertures **572**, and the second body portion **538** of the plate body **500** defines at least two apertures **572**, though it should be understood that any number of apertures **572** may extend through the first and second body portions **534** and **538**. As shown the apertures **572** may be aligned along a longitudinal direction or central axis of the bone plate **420**.

As shown, the first body portion **534** of the bone fixation plate **420** includes a first or bone anchor aperture **576** that is configured to receive a bone anchor **38**, and a second or fixation element receiving aperture **580** that is configured to receive the fixation element **430**. The first aperture **576** extends through the bone fixation plate **420** and is configured

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to receive the bone anchor **38a** so as to affix the first body portion **534** of the bone fixation plate **420** to the first bone segment **30a**. The first aperture **576** may be a variable angle hole defined by an interior surface **577** that includes a plurality of vertical or transversely extending columns **578**. In accordance with the illustrated embodiment, four columns **578** are equidistantly spaced circumferentially about the hole, though the hole may include any number of columns **578** as desired. Each column **578** presents internal threads **579** such that, if the columns **578** were expanded to join each other (i.e. if extended completely around the interior surface **577**), the columns **578** would form a continuous helical thread that extends about the central transverse axis of the hole. Thus, it can be said that the threads **579** of adjacent columns **578** are operatively aligned with each other. The columns **578** are circumferentially spaced from each other so as to define corresponding axes that are angled with respect to the transverse central axis, such that a screw can extend through the hole **576**, an any of the angled axes while threadedly fixed to the threads **579**.

The interior surface **577** that defines the hole further includes a plurality of arcuate pockets **581** that project into the plate body at a location circumferentially between the adjacent columns **578**. The pockets **581** each presents an arcuate surface **582** that is concave with respect to a direction radially outward from the central axis of the hole. The bone anchor **38** can be provided as a variable locking bone anchor that can threadedly engage the threads **579** at variable angular positions. Alternatively, the bone anchor **38** can be provided as a fixed angle locking screw. The variable angle hole can be configured to allow the bone anchor to engage the threads **579** at any angular orientation as desired, up to  $\pm 15^\circ$  (e.g., within a  $30^\circ$  range) with respect to the central axis, which extends along the transverse direction T.

As shown in FIGS. 7A and 7B, the second aperture **580** also extends through the bone fixation plate **420** and includes a coupler **584** that is configured to be engaged by the fixation element **430** so as to fixedly couple the first jaw **400** to the bone fixation plate **420**. In the illustrated embodiment, the coupler **584** includes internal threads **588** that are configured to be engaged by the external threads **450** defined by the fixation element **430**. It should be understood, however, that the coupler **584** may include structure other than the internal threads **588**. For example, the coupler **584** may define a snap on mounting.

As shown, the second body portion **538** of the bone fixation plate **14** includes a first or bone anchor aperture **606** that is configured to receive a bone anchor **38**, and a second aperture **610** that is configured to receive the K-wire **454**. The first aperture **606** extends through the bone fixation plate **420** and is configured to receive the bone anchor **38b** so as to affix the second body portion **538** of the bone fixation plate **420** to the second bone segment **30b**. The first aperture **606** is identical to the first aperture **576** of the first body portion **534** of the bone plate **420**, and therefore includes the columns **578** and the pockets **581** as described above.

As shown in FIGS. 7A and 7B, the second aperture **610** also extends through the bone fixation plate **420** and defines a K-wire slot **614** that is configured to receive the K-wire **454** such that the K-wire **454** can engage the second bone segment **30b**. As shown in FIG. 7B, the K-wire slot **614** has a lateral width  $W_s$  and a longitudinal length  $L_s$  that is substantially greater than the lateral width  $W_s$ . The lateral width  $W_s$  of the K-wire slot **614** may be substantially equal to the diameter of the K-wire **454** so as to prevent lateral misalignment of the bone fixation plate **420** during the compression of the bone segments, while at the same time allowing the K-wire **454** to

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translate within the slot **614** along the longitudinal direction L. The longitudinal length  $L_s$  of the K-wire slot **614** may be a length that allows the K-wire **454** and thus the second bone segment **30b** to translate toward the first bone segment **30a** upon compression of the forceps. It should be understood, however, that the second aperture **610** may have any dimension desired. For example, the second aperture **610** may be a K-wire slot having a lateral width that is greater than the diameter of the K-wire or the second aperture **610** may define a shape other than a slot that allows the K-wire to translate.

In operation and in reference to FIGS. 8A-8E, the bone plate **420** is aligned with and placed over or on the underlying bone **30** such that the bone anchor aperture **576** of the first body portion **534** of the plate **420** is aligned with the first bone segment **30a**, and the bone anchor aperture **606** of the second body portion **538** of the plate **420** is aligned with the second bone segment **30b**. Either prior to or after the bone fixation plate **420** has been aligned with the bone **30**, the forceps **18** may be fixedly coupled to the bone plate **420**. To do so, the fixation element **430** is advanced through the aperture **424** of the first jaw **400** and into the aperture **580** of the bone plate **420**. The threads **450** of the fixation element **430** engage the threads **588** defined by the aperture **580** to thereby securely couple the plate **420** to the first jaw **400**. At this point, the forceps are fixedly coupled to the bone plate **420** such that the bone plate **420** cannot move relative to the forcep.

As shown in FIGS. 8B and 8C, the temporary fixation element **452** may be inserted through the bore **442** of the fixation element **430** and into the first bone segment **30a** and the second temporary fixation element **476** may be inserted through the aperture **460** either directly or via the bore **472** of the guide tube **464** and into the second bone segment **30b**. At this point the first and second jaws **400** and **404** are operatively coupled to the first and second bone segments **30a** and **30b**.

In reference to FIG. 8D, the forceps **18** may then be actuated so as to drive the first and second jaws **400** and **404** together such that at least one of the engagement members **408** of the first and second jaws **400** and **404** moves along the longitudinal direction. As the engagement members **408** move together, at least one of the first and second bone segments **30a** and **30b** will be moved toward the other such that the bone gap **34** is reduced. In this way, the relative positions of the first and second bone segments **30a** and **30b** are adjusted in relation to each other. Once the bone segments have been compressed and the bone gap **34** reduced, the first and second bone anchors **38a** and **38b** may be advanced through the apertures **576** and **606** of the bone plate **420** so as to affix the bone plate **420** to the first and second bone segments **30a** and **30b**, as shown in FIG. 8E. Finally, the forceps **18** and K-wires **452** and **476** may be removed, leaving the bone plate **420** affixed to the compressed bone segments **30a** and **30b**.

It should be appreciated that the bone fixation system can be provided as a kit with one or more, up to all, of the components disclosed, including but not limited to one or more bone fixation plates that can be sized and shaped the same or differently, a plurality of temporary fixation elements that can be sized and shaped the same or differently, a plurality of bone anchors configured the same or differently, and one or more forceps configured the same or differently. It should be appreciated that the components of the bone kit can be provided as described above with respect to the various embodiments and alternative embodiments. Furthermore, the components of the kit can be sold contemporaneously in a common packaging, or at different times in different packaging.

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It should be appreciated that the methods described herein can include the step of coupling the first jaw of the forceps to the bone plate without first placing the bone fixation plate over the bone segments, such that the forceps will be fixedly coupled to the plate and can be used to position the bone plate.

The embodiments described in connection with the illustrated embodiments have been presented by way of illustration, and the present invention is therefore not intended to be limited to the disclosed embodiments. Furthermore, the structure and features of each of the embodiments described above can be applied to the other embodiments described herein, unless otherwise indicated. Accordingly, those skilled in the art will realize that the invention is intended to encompass all modifications and alternative arrangements included within the spirit and scope of the invention, for instance as set forth by the appended claims.

What is claimed:

1. A method of fixing a bone plate having a first body portion and a second body portion to first and second bone segments that are disposed in a relative position in relation to each other and are separated by a bone gap, the method comprising:

aligning the bone plate with the first and second bone segments such that a first plurality of apertures extending through the first body portion of the bone plate are generally aligned with the first bone segment and a second plurality of apertures extending through the second body portion of the bone plate are generally aligned with the second bone segment;

coupling a forceps having first and second jaws to the bone plate by inserting a fixation element through the first jaw and into a first aperture of the first plurality of apertures; affixing the first body portion of the bone plate to the first bone segment;

coupling a temporary fixation element to the second bone segment, the temporary fixation element extending through the second jaw of the forceps and through a first aperture of the second plurality of apertures, the first aperture of the second plurality of apertures defining an elongated slot; and

actuating the forceps to bias at least the temporary fixation element to translate relative to the bone plate, thereby adjusting the relative positions of the first and second bone segments closer to each other.

2. The method of claim 1, wherein the bone plate is coupled to the forceps prior to aligning the bone plate with the first and second bone segments.

3. The method of claim 1, further comprising affixing the second body portion of the bone plate to the second bone segment.

4. The method of claim 3, wherein the first and second body portions of the bone plate are affixed to the first and second bone segments with bone anchors.

5. The method of claim 1, further comprising compressing the first and second jaws toward each other so as to apply a biasing force to at least one or both of the corresponding fixation element and temporary fixation element.

6. The method of claim 1, wherein the first body portion includes a second aperture of the first plurality of apertures that is configured to be engaged by a positioning element

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defined by the forceps, the method further comprising aligning the forceps and the bone plate with a defined position.

7. The method of claim 6, further comprising preventing rotation of the bone plate relative to the forceps.

8. The method of claim 1, further comprising preventing lateral misalignment of the bone plate during adjustment of the relative positions of the first and second bone segments in relation to each other.

9. The method of claim 8, further comprising, while preventing lateral misalignment, simultaneously allowing the temporary fixation element to translate within the first aperture of the second plurality of apertures along a longitudinal direction.

10. The method of claim 1, further comprising removing the temporary fixation element from the second bone segment.

11. A method of fixing a bone plate having a first body portion and a second body portion to first and second bone segments that are disposed in a relative position in relation to each other and are separated by a bone gap, the method comprising:

aligning the bone plate with the first and second bone segments such that a first plurality of apertures extending through the first body portion of the bone plate are generally aligned with the first bone segment and a second plurality of apertures extending through the second body portion of the bone plate are generally aligned with the second bone segment;

after the aligning step, inserting a bone anchor through a first aperture of the first plurality of apertures and into the first bone segment to couple the bone plate to the first bone segment;

coupling a forceps having first and second jaws to the bone plate by inserting a fixation element through the first jaw and into a second aperture of the first plurality of apertures, the forceps including a first lever and an opposed second lever that are pivotally connected, the first lever defining a first handle and the second lever defining a second handle;

coupling a temporary fixation element to the second bone segment, the temporary fixation element extending through the second jaw of the forceps and through an elongated, slotted aperture of the second plurality of apertures; and

actuating the forceps to cause the first and second jaws to move closer together and bias at least the temporary fixation element to translate relative to the bone plate, thereby adjusting the relative positions of the first and second bone segments in relation to each other.

12. The method of claim 11, wherein at least a portion of the first aperture of the first plurality of apertures is tapered.

13. The method of claim 11, wherein the second aperture of the first plurality of apertures is a threaded hole, and a distal portion of the fixation element is a threaded shaft.

14. The method of claim 11, wherein the elongated, slotted aperture of the second plurality of apertures has a lateral width that is substantially equal to a diameter of the temporary fixation element.

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